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ON THE COVER PHOTO DAVID LANI

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EDITOR'S LETTER



It doesn't matter if you call it yardwork or gardening; by the time autumn rolls around, most of us are ready to be done with mowing, planting, trimming, and weeding. Granted, there are still end-of-season tasks, but enjoyment of the garden seems to wane after Labor Day as plants start to look a bit tired. But it doesn't have to be that way.

One of my major influences as a young gardener was the 1990 book The Garden in Autumn by Allen Lacy. Previously, I had thought of fall as a grand horticultural exhale, as if the garden were collapsing, exhausted, on the couch (but maybe that was the gardener projecting). Thinking of Lacy's thesis that fall gardening is a goal all its own, I planned my new garden this past spring with a big finish in mind.

As I write this in August, I can see the tiny silver buds on the small shrubby bluebeard (Caryopteris) that will be electric blue come late September. Near the front driveway, several hardy chrysanthemums (I love the Korean and Sheffield varieties for their wildness and soft colors) are nothing to notice now but will be blooming by the time

the Halloween decorations are going up around town. I cut back other plants in midsummer hoping for a fall repeat bloom: my lavenders, overgrown alyssum, and trailing petunias. We'll see if that works. Then there is the mighty sedum clan (see page 56), plus all the trees and shrubs with dynamic leaf color as they decline—but there's not enough room to list them here.

People often attach a sense of hope to spring, but I also feel that way

about planting something early you know will offer a star turn of color just as other characters in your little garden play are heading off to bed in fall. As someone who doesn't love the blank slate of winter (I love growing plants too much), the idea that there is one last hurrah excites me. It's one of the things I like best about gardening—a large portion of it exists in the fantasyland of planning and planting with hope for the future. And if it doesn't work out the way you thought it might, you shrug, cluck your tongue at Mother Nature, and hope to do better next year.

More favorite late-season flowers and berries

ASTERS

(especially Aster × frikartii 'Monch' and Tataricus aster)

BEAUTYBERRY BOLTONIA COMMON WITCH HAZEL **DAHLIA GOLDENROD HEATHER LEADWORT** MONKSHOOD **OAK-LEAF HYDRANGEA** PINEAPPLE SAGE SALVIA

(the large ones like 'Indigo Spires' or S. guaranitica)

> **TITHONIA** TOAD LILY **VIBURNUM**

Editor in Chief instagram @steporr



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Dhg. com/what's trending online

LONG LIVE PUMPKINS

The only thing scarier than a jeering jack-o'-lantern is one that's sunken in before the big night. We have all the tips on how to keep your carved pumpkins looking fresh longer.

BHG.com/LastingPumpkins



Our autumn take on tiramisu trades in coffee and rum for pumpkin puree and bourbon. Ladyfingers drizzled in maple syrup make it extra indulgent.



Hover your smartphone camera over this code to cook along with our video.



A Pet-Safe Halloween

Trick-or-treating might be fun for the kids, but all the lights and noise can quickly get overwhelming for the fur babies. Browse our guide for creating a safe, calming environment for pets amid the festivities.

BHG.com/HalloweenPet



[SWEEPSTAKES]

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to put toward your renovation goals and make your dream home a reality. Spruce up the living room, remodel the kitchen, or take care of those maintenance needs. Enter at

BHG.com/Home25k for a chance to win. Details on page 93.

High blood pressure ightarrow joint pain?

TYLENOL® won't raise blood pressure the way that Advil, Aleve, or Motrin® sometimes can.





GETALEG UP DIY wizard or not, you can create a pair of bewitching legs. Instead of using mannequin legs, sub in pool noodles and insert dowel rods through the middle to make them stand straight. Then just slip on a pair of stockings and secure the heels with fishing line. These ghoulish gams will be lightweight enough to poke out of hedges, rooftops, or any other place a wayward broom might crash. See our how-to and get more ideas for decorating with witches by hovering your smartphone camera over the code, right. ■







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a trip to the

For many of us, the season isn't complete without a day at the apple orchard. Follow our lead to pick, process, and enjoy the freshest haul of the fall.

apple varieties

All apples are worthy of our seasonal adoration, but the flavors and textures of various types make them best suited for particular uses.

FOR SNACKING

Known for their crisp texture and juiciness: Fuji, Braeburn, Jazz, Honeycrisp, Cameo, Cosmic Crisp

FOR BAKING

Firm, tart varieties keep their texture and flavor: Granny Smith, Rome, Jonathan, Northern Spy, Winesap

FOR MAKING **APPLESAUCE**

Sweet flavors, soft textures: Gala, McIntosh, Golden Delicious, Red Delicious, Lodi

FOR STOCKPILING

Thick skins and firm flesh: York, Northern Spy, Fuji, Braeburn, Winesap, Cortland, Granny Smith



* STORAGE Apples like cooler temps: Store them between 32°F and 40°F (in your fridge or an unfinished basement) 1 to 2 months. Wrap apples loosely in paper or plastic (not resealable bags) for air circulation.



tips for picks

- Many orchards have calendars to keep you posted on the varieties they grow and what's hot for the taking any given week.
- Apples ripen from the outer branches on the tree toward the trunk.
- The best pickers know: To pluck an apple, grip it delicately with your whole hand and twist the apple upward to pull it off the branch. Place the apple gently into your container instead of just dropping it to prevent bruising.
- Leave behind apples with bruises, blemishes, or outward signs of decay. Avoid apples on the ground.

NOTES

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough eczema treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

DUPIXENT may help provide:

- ► Clearer skin
- ► Noticeably less itch

DUPIXENT is:

- ► Not an immunosuppressant
- ► Not a cream or steroid

JOLIE, **REAL PATIENT**

Individual results may vary.



HELP

HEAL

TALK TO YOUR ECZEMA SPECIALIST AND VISIT DUPIXENT.COM OR CALL 1-844-DUPIXENT (1-844-387-4936) —

INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription Especially tell your healthcare provider if you advice about side effects. You are encouraged therapies used on the skin (topical), or who are taking oral, topical or inhaled corticosteroid to report negative side effects of prescription cannot use topical therapies. DUPIXENT can medicines or if you have atopic dermatitis and drugs to the FDA. Visit www.fda.gov/medwatch, be used with or without topical corticosteroids asthma and use an asthma medicine. Do not or call 1-800-FDA-1088. It is not known if DUPIXENT is safe and change or stop your corticosteroid medicine or effective in children with atopic dermatitis under other asthma medicine without talking to your healthcare provider will tell you how much 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/ dupixent/; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into redness, swelling, and itching, and cold sores your breast milk.

medicines you take, including prescription side effect that bothers you or that does not go and over-the-counter medicines, vitamins and away. These are not all the possible side effects herbal supplements.

healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, Please see Brief Summary on next page. including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including in your mouth or on your lips.

Tell your healthcare provider about all the Tell your healthcare provider if you have any of DUPIXENT. Call your doctor for medical

> Use DUPIXENT exactly as prescribed. Your DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

SANOFI GENZYME 🗳



REGENERON

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DUP.21.03.0174

YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.* CALL 1-844-DUPIXENT (1-844-387-4936)

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only (DU-pix'-ent) injection, for subcutaneous use

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT? Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - Pregnancy Exposure Registry. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

- If your dose schedule is every other week and you miss a dose of **DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If your dose schedule is every 4 weeks and you miss a dose of **DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT.
 Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT? DUPIXENT can cause serious side effects, including:

- Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591 U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591) DUPIXENT® is a registered trademark of Sanofi Biotechnology / ©2021 Regeneron Pharmaceuticals, Inc. / sanofi-aventis U.S. LLC. All rights reserved. Issue Date: January 2021

DUP.21.03.0281





If you're tapped out on sipping straight cider from the orchard, try these apple cider fix-ups to finish off the gallon.

CIDER SYRUP

you'll have

enough for:

APPLESAUCE

Bring 4 cups apple cider to boiling in a 6-qt. pot; reduce heat to medium. Boil gently, uncovered, stirring occasionally, about 35 minutes or until thick, syrupy, and reduced to about ½ cup. (Mixture will thicken as it cools.) Serve over ice cream, apple crisp, or waffles, or use as a fruit dip.



HONEYED **HOT CIDER** SAUVIGNON

Using kitchen string and a doublethick square of 100%-cotton cheesecloth, tie two 3-inch cinnamon sticks, 4 whole cloves, and 4 whole allspice into a spice sachet. In a 4-qt. Dutch oven bring

4 cups apple cider, 1/4 cup lemon juice, ½ cup honey, one 750-ml bottle of Sauvignon Blanc or other dry white, and the sachet to a simmer (do not boil). Reduce heat and simmer, uncovered, 20 minutes. Remove sachet. If you like, add a brandy splash to each serving. Serves 10. ■





Immediately recognizable for its repeating black and white squares, the checkerboard pattern continues to make a timeless graphic statement. But our favorite picks take it one step further: Skewed lines, vibrant color combinations, and shaggy textures revitalize the already bold pattern. Adding one checkered piece will instantly energize your surroundings.



III Extrends

Grunge Imperfect Checkerboard Serving Tray, \$45; Classic Slip-On society6.com in Rose Dawn/ True White, *\$55;* vans.com

> Checked Pattern Bone Inlay Frame, \$17; handicraftshome.com



Checkerboard

Checker Coaster in Tan/White, set of 4, \$35;

Moroccan Berber Checkered Pouf Ottoman in Orange and White, \$159;

Food-safe and reusable as a mug or planter.

Checkmate Candle, \$45; lockwoodshop.com



Green and white checks by @liz_kamarul add big pattern, movement, and depth. Their low chair rail height keeps them from overwhelming.

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Aveda Botanical Repair
Strengthening
Leave-In Treatment,
\$37, repairs and protects damaged hair with plant-based conditioners.

Grays need extra TLC, especially if you dye them. Hair Biology Color Sealing Mask, \$10, provides hydration and color protection.

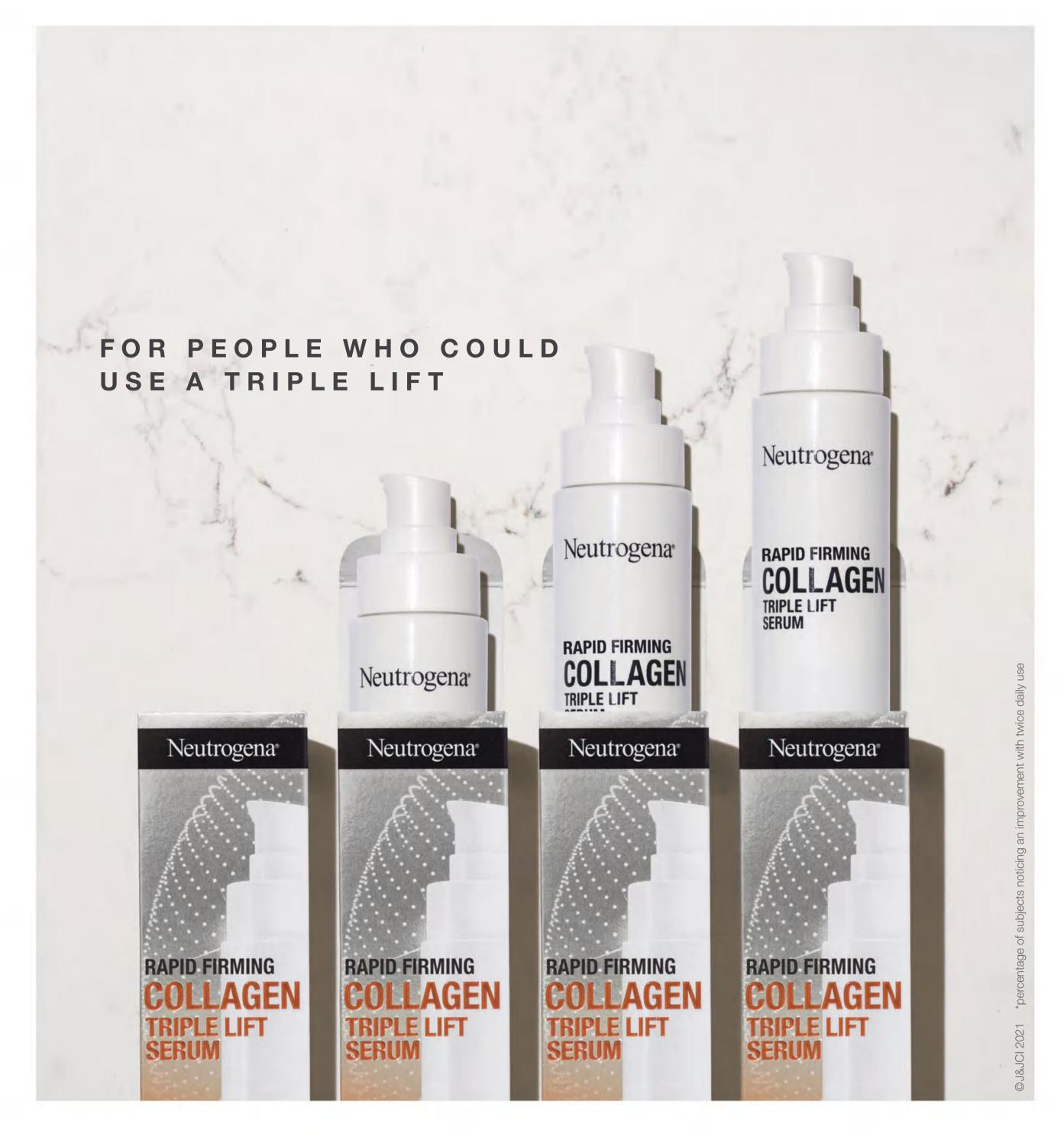
SpaRitual Slow
Beauty
Cuti-Cocktail, \$20,
nourishes brittle nails
and dry cuticles with
sunflower oil.

Zoya Naked
Manicure Rescue
and Repair Kit, \$45,
helps your nails shine,
with or without polish.

Testers said these jewel-tone shades look like a salon mani and last just as long.
Essie Gel Couture
Brilliant Brocades collection, \$12 each.

Sally Hansen
Hydrating Foot
Mask, \$4, swaddles
dry feet in macadamia
oil and shea butter.

A mini facial in a tube, Ole
Henriksen Lemonade
Smoothing Scrub, \$32, combines gentle physical and chemical exfoliants for glowing skin. Bonus: It smells like fresh lemons.



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skincare

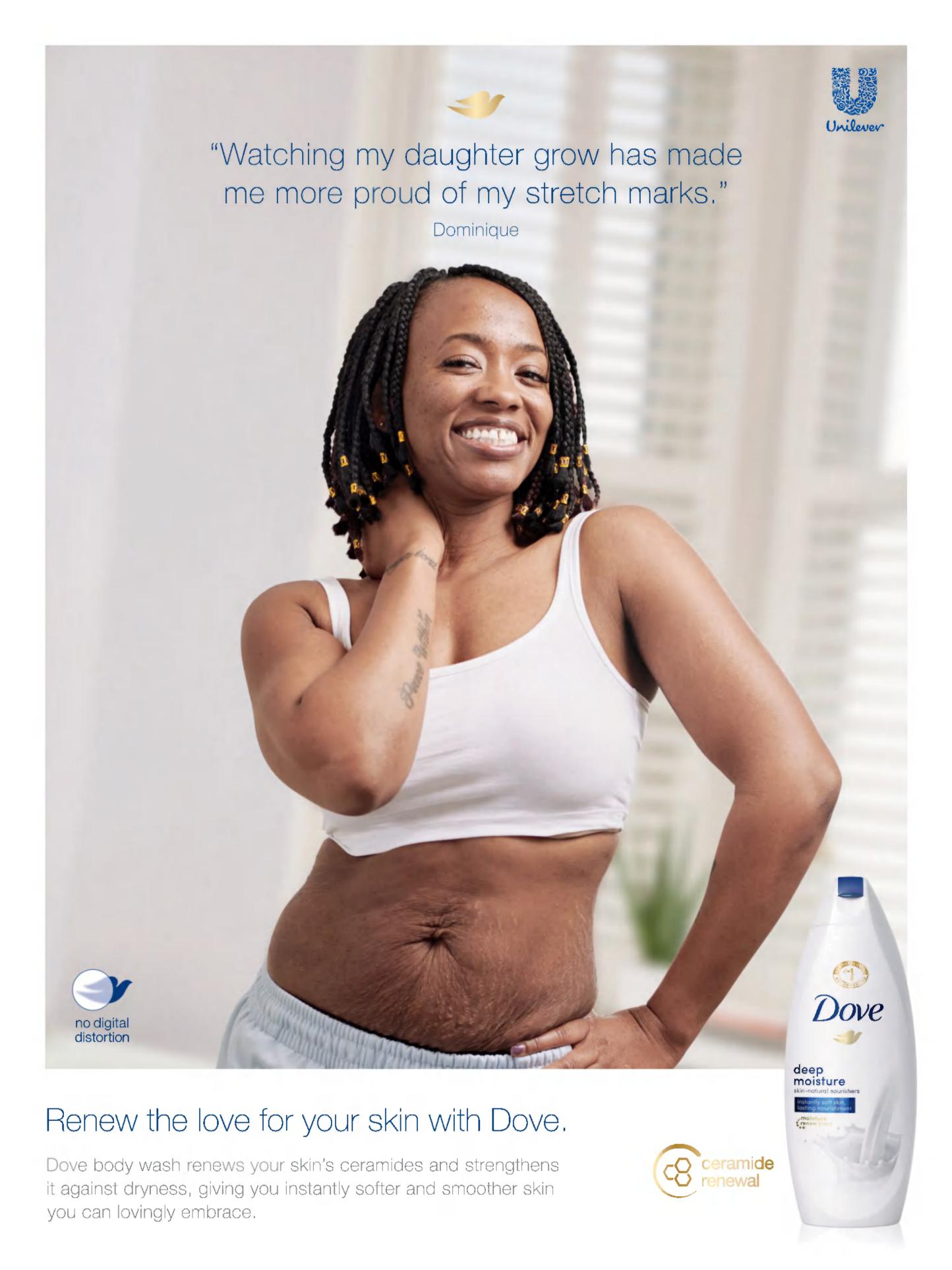
OUR PANEL OF STAFFERS AND BEAUTY INDUSTRY PROS SWEARS BY THESE BUDGET-FRIENDLY STAPLES.



GLOW YOUR OWN WAY Combine gentle cleansing with mild exfoliation in one step. Get brighter tone and smoother texture with a five-minute facial peel. Or swipe on a toner that unclogs pores without stripping your skin.

OUR PICKS Cetaphil Healthy Radiance Cleanser, \$12 No7 Resurfacing Peel 15% Glycolic Acid, \$40 • Biossance Squalane + BHA Pore-Minimizing Toner, \$28

- Fragrance-free and easy to blend in, Olay Regenerist **Hydrating Mineral** Sunscreen SPF 30, \$29, makes wearing daily SPF enjoyable for all skin tones.
- Boost your plumping and smoothing power with Neutrogena Hydro **Boost Hyaluronic Acid Serum**, \$24.
- Use your favorite micellar water with one of these Garnier **SkinActive Micellar** Cleansing Eco Pads, \$9 (for three). Then toss it in the laundry rather than the trash.
- Not your teen's zit-blasting cream, CeraVe Acne Control Gel, \$20, combines pore-clearing exfoliants and skin-soothing niacinamide.
- Aveeno Calm + Restore Oat Gel Moisturizer, \$18, hydrates and soothes sensitive complexions with feverfew and prebiotic oats.
- Find the goldstandard retinol at an incredible value. Pond's Lifting & Brightening Eye **Cream**, \$8.
- Potent and plant-based, Philosophy Nature in a Jar Skin Reset Serum, \$58, features bakuchiol, a gentle alternative to retinol.
- This brightening blend is specially formulated to treat dark spots in deeper skin tones. Melē Even **Dark Spot Control Serum**, \$24.







READY FOR FRESH BREATH



BETTER NEWS:

De Hould Kets

De Hartel Kate

With our Healthy Smile formula, you can

have 24 hours* of cavity protection too!

Dr. Should Kate

RAINFOREST MINT

Dr. Hard Kate

Dr. Xfarld Kate

CLEAN MINT

Ihera Breath



SPARKLE MINT

ZINC, VITAMINS C+E

D. Had Kite

beauty/awards

hair

GOOD HAIR DAYS FOR EVERY HEAD.

> This invisible root refresher is a dry shampoo standout. SexyHair Healthy Laundry Day, \$20.

The refillable duo is good for your hair and the Earth. Love Beauty and Planet Reusable **Aluminum Shampoo** and Conditioner, \$10 each.

An upgrade for the popular but pungent DIY detox, **Hair Food Apple** Cider Vinegar Hair Rinse, \$9, has a gentle clarifying formula and fresh apple scent.

Nexxus Prep & Protect Leave-In **Spray**, \$10, primes hair for detangling and styling with lightweight hyaluronic acid.

Is your scalp sending out an SOS? Head & **Shoulders Supreme** Scalp Moisturizer, \$9, treats flakes and soothes itchiness.

A brush with built-in heat lets you skip the flat iron. InStyler Straight Up Max, \$60.

Garnier Whole Blends Coconut Oil & Cocoa Butter Miracle Frizz Tamer, \$8, multitasks as a leave-in frizz cream and heat protectant.



TOP PICKS FOR CURLS Our curly pros love Tresemmé Flawless Curls Hydrating Oil, \$5,

for its lightweight and hydrating frizz control. In the curl cream category, TPH By Taraji Curls 4 Days, \$14, checks all the boxes for multitextured hair with excellent curl definition, lasting hold, and volume. Both formulas smell amazing, our testers say.



3 TOOLS IN 1 Sectioning clips attach to the back of the Conair **#Blowout Stylist Paddle** Hairbrush, \$13.



READERS' CHOICE! We polled readers to nominate their favorite at-home color of the year, and the winner is Revlon ColorSilk Beautiful Color Hair Color. Readers noted the color is natural and shiny with beautiful gray coverage. Thanks to an ammoniafree formula, it has a pleasant scent. And this drugstore darling is priced so right: \$4.





Let's show our bodies the love they deserve.

Dove Body Love Hand & Body Lotions.

Our bodies tolerate a lot, from body pressures to body criticism, which is why we want to give them the love and care they deserve. New Dove Body Love serum-enriched lotions lock in 9x more moisture, for skin that's soft, smooth and as resilient as you are.





Dove

Sensitive care body lotion



Dove

body love

Restoring care body lotion

Dove

Intense care body lotion

beauty/awards

body

THERE'S NOTHING

BASIC ABOUT THESE INNOVATIVE CLEANSERS AND MOISTURIZERS.

> Biodegradable, plant-based, and affordable enough for all your sinks.

Hello Meyer Lemon + Vitamin E Foaming Hand Wash, \$5.

Deal with sweat and odor; ditch single-use plastic packaging. Secret Refillable Invisible Solid Antiperspirant & Deodorant, \$10.

Body lotion gets a glow-up with this creamy hybrid that helps skin produce its own ceramides. **Dove Body Love Intense Care Cream Oil** Body Lotion, \$6.

Bio-Oil **Skincare Oil** (Natural), \$30, blends plant-based oils, such as sunflower, safflower, and rosehip oils.



WANT THE FULL SCOOP ON THESE WINNERS? Hover your smartphone over this code to read expanded reviews from our expert testers.

Fragranceand parabenfree, this physical sunscreen is a must-have for sensitive skin. Banana Boat **Sensitive Mineral** Lotion SPF 50, \$10.

Sure to be a winter skin MVP, **Curél Extreme Dry** Hand Relief Cream, \$4, outlasts multiple handwashings.

Take your daily shower routine from so-so to spalike with this (generously sized) multitasker. Olay Exfoliating Body Wash with Sugar & Cocoa Butter, \$8.

A coconut oil-infused spin on the original, Jergens Natural Glow + Firming Daily Moisturizer, \$8, delivers a gradual, streakfree tan.



POWER COUPLE Mary Kay Clinical Solutions Retinol 0.5 Set, \$120, works strategically. The night treatment features retinal, the vitamin-A derivative known for boosting cell turnover to improve fine lines, wrinkles, and discoloration, while the facial milk keeps skin calm and hydrated with soothing plant oils.



Check in with yourself and pick a mindfulness session to improve your day!

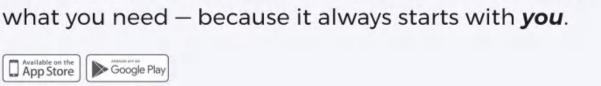
START

Appendix A

Your emotions change. That's why MyLife™ offers a personalized mindfulness boost, any time of day.



It all starts with how you're feeling, right now. You'll enjoy a customized experience from over 400 relaxation activities, each one about 10 minutes or less. MyLife delivers exactly what you need — because it always starts with **you**.









ar from channeling yesteryear, mauve looks current when you choose tones that are deeply saturated and lean more taupe than its pastel predecessor. Applying multiple variations in a room yields the most modern result. Try colorblocking large swaths, as the designers at Swedish paint firm Alcro did, right, painting walls a dusky mauve (Chianti 718*) and the ceiling a rich pink tone (Landsort 712*). Upping the ante: "Painting the ceiling color down on the walls gives the room a new perspective," says Yvonne Karlsson, color expert at Alcro. Another approach is to play up mauve's cool undertones by pairing it with a range of blue furnishings. *NOT SOLD IN THE U.S.





1¼" Herringbone
Cotton Twill
Tape Trim in Light
Pink (SP-2787),
\$8 for 10 yards;
amazon.com

Interior designer
Kelly Wearstler
warmed up tones
of mauve with
brass accents in
this bedroom.



This color
pairs well with
cooler hues
like blues
and grays
for a soothing
space.

JESSICA THOMAS, BH&G style director



wayfair.com

in Coral & Mauve, \$28
(4"); westelm.com



GET ALMOST 100 HOURS MORE PROVEN QUALITY SLEEP PER YEAR*

Quality sleep is proven to help boost energy, recovery and improve wellbeing.

That's why we created the Sleep Number 360® smart bed for the best sleep in the world.

Designed to help you fall asleep faster and make a life-changing difference to your health and wellness.



Adjustable comfort on each side



Automatically senses and responds to you



Personalized insights for even better sleep



15-Year Limited Warranty[†]



100-Night Trial[‡]





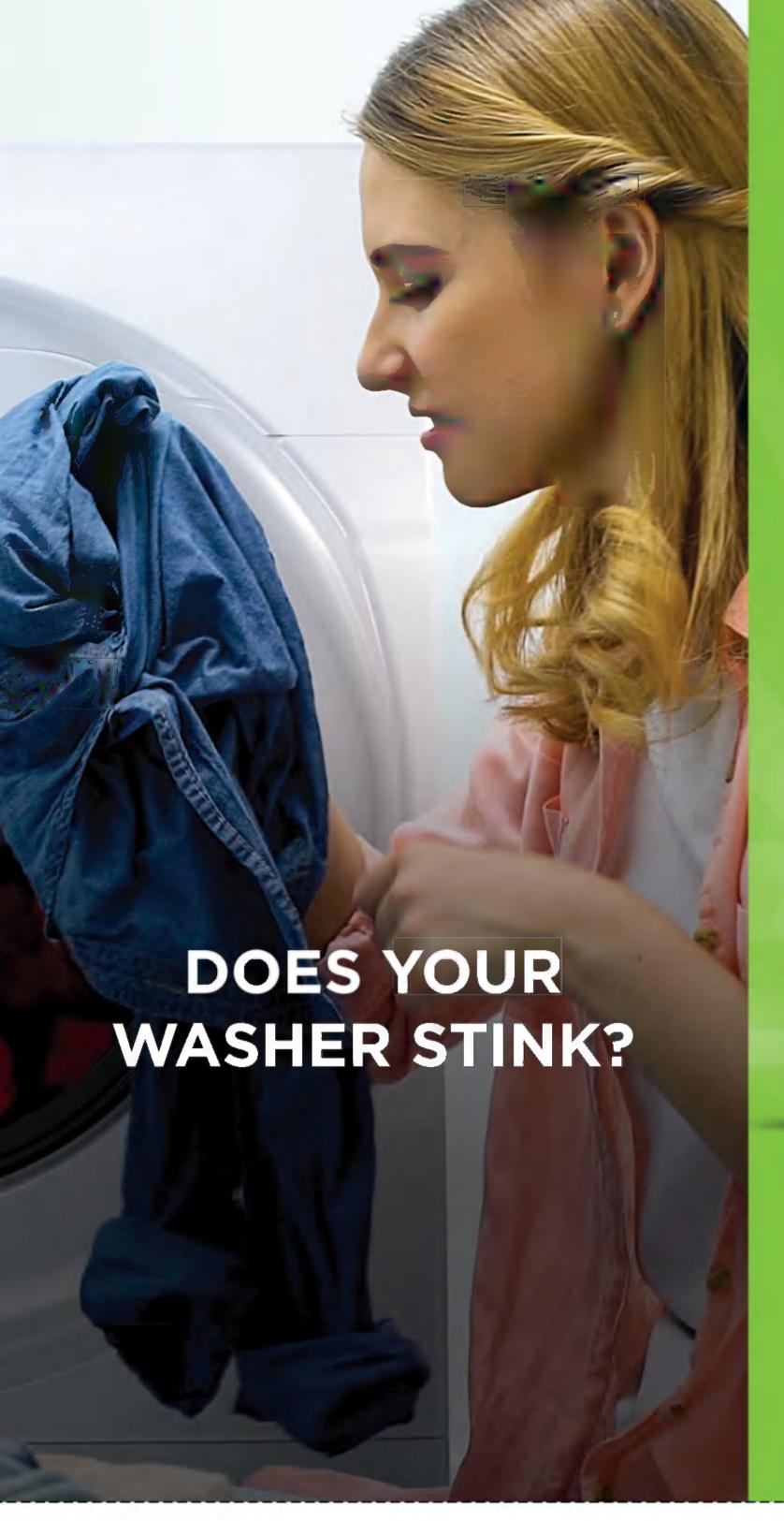
SCAN TO TAKE OUR BED QUIZ



small victory

An architect stretched the function and upped the style of her tiny kitchen, proving it's not about how much space you have but how you use it.





REDUCE ODOR-CAUSING RESIDUE WITH

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home/renovation

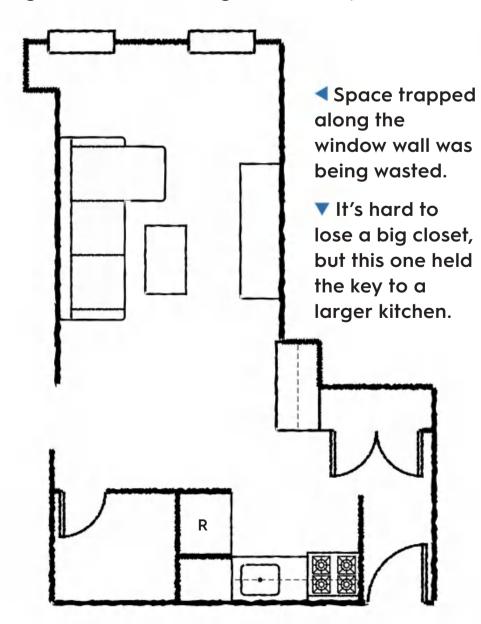


had it in my mind that the cabinetry should be blue. It never occurred to me to worry that it was a bold choice.

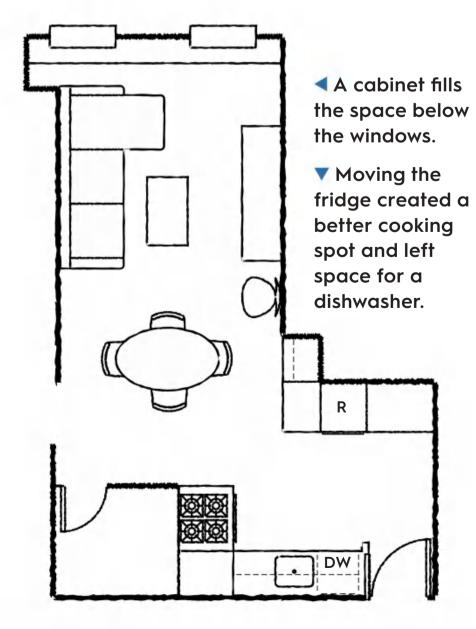
LAUREN DEMATTIA



BEFORE Initially, Lauren couldn't stop thinking about an island or a peninsula. But she realized it would cramp the flow into the living room, so she accomplished her goal for more seating another way.



AFTER The design of the wall opposite the front door was critical. "I felt it needed to be really clean and orderly," Lauren says. "Now it helps mitigate the fact that you're walking right into the kitchen."



[COOKTOPS]

If you have a small kitchen, a 24-inch cooktop might ignite more plan options than a standard 30- or 36-inch unit.



INDUCTION

Touch screen controls include a boost feature for a fast boil. NIT5469UC, \$1,549; bosch-home.com/us



GAS

Serious cooks want burners of varying power. This unit includes a wok-ready 11,000-Btu burner. CG244DNGX1_N, starting at \$999; fisherpaykel.com

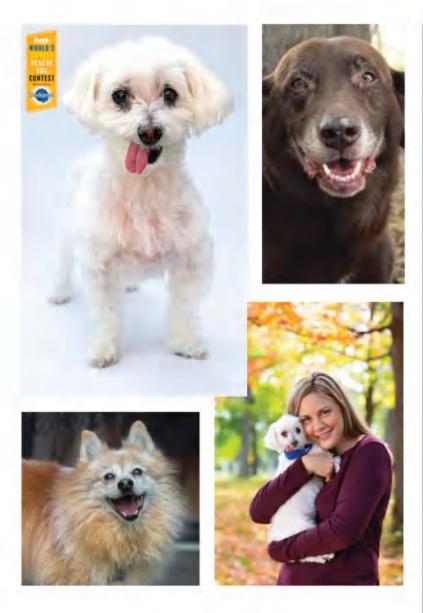


ELECTRIC

A ceramic glass top eases cleanup; wipe away spills and pop the knobs into the dishwasher. WCE55US4HB, \$749; whirlpool.com

FRESH FILES

FRESH PRODUCTS & PROMOTIONS TO LIVE A MORE COLORFUL LIFE



VOTE FOR THE CUTEST CANINE!

Meet the top 10 adopted dogs from PEOPLE's World's Cutest Rescue Dog Contest Presented by Pedigree and vote for your favorite pup now! The winner will receive a feature in PEOPLE magazine, free dog food for a year and more.

people.com/rescuedogcontest





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and dander. Take the LiveClear
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ProPlanLiveClear.com

proplan.com/liveclearchallenge





BLUE TASTEFULS HAS IT ALL!

Mouthwatering, meat-first recipes in three tantalizing cuts. Cats love the taste. You'll love the healthy ingredients.

BlueTastefuls.com





HAVE A CHANGE OF HEART

Honey Nut Cheerios with real honey and whole grain oats makes eating heart healthy enjoyable.

(As part of heart healthy diet, 3g soluble fiber needed daily from whole grain oat foods, Honey Nut Cheerios provides 0.75g/serving).

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cheerios.com



SEAFOOD QUICHE

by Brandi Crawford @Stay_Snatched

SERVING SIZE: 8 servings PREP TIME: 15 minutes COOK TIME: 1 hour

INGREDIENTS

- · 4 Eggland's Best eggs, large
- · ½ cup heavy whipping cream
- ½ cup unsweetened almond milk
- 1 teaspoon olive oil
- · ½ cup chopped onions
- · 1/4 cup chopped green peppers
- ¼ cup chopped red peppers
- ½ cup shredded cheddar cheese
- ½ cup shredded swiss cheese
- 1 teaspoon seafood seasoning
- salt and pepper to taste1 sheet refrigerated pie crust
- 8 oz lump crab meat
- · 8 oz raw shrimp Peeled and deveined.

DIRECTIONS

- 1. Preheat oven to 350 degrees.
- 2. Unroll the crust into a 9 inch pie plate. Cover the pie crust with parchment paper and load pie weights or dry beans over the paper and pie plate. This will anchor the crust as it bakes.
- **3.** Bake for 15 minutes. Remove the pie crust and set aside.
- **4.**Combine the **Eggland's Best** eggs, cream, and almond milk in a large bowl.
- **5.** Heat a skillet on medium-high heat and add in the olive oil, red peppers, onions, and green peppers. Cook for 3-4 minutes until the onions are translucent and fragrant.
- **6.** Remove the vegetables from the skillet and add them to the bowl with the eggs and milk.
- **7.** Add in the lump crab, shrimp, and half of both of the cheeses (¼ cup cheddar and ¼ cup swiss cheese). Stir to combine.
- **8.** Pour the egg and seafood filling over the pie crust.
- **9.** Top with the remaining shredded cheddar and swiss cheese.
- 10. Bake for 20 minutes.
- **11.** Adjust the temperature to 300 degrees and bake an additional 15-25 minutes until the quiche has set.

Delicious **Eggland's Best** eggs provide superior taste and nutrition, including 10 times the vitamin E and 25% less saturated fat than ordinary eggs!

egglandsbest.com







A SEISMIC SHIFT

As in the kitchen, Lauren's goal for the living room was to streamline. A new built-in unit spans the window wall, integrating the air-conditioner and radiator. Pushing the furniture toward that wall created a dining area between the living room and kitchen.

▶ WELCOME SHELF SPACE

The wall-to-wall custom cabinet incorporates display space. With its durable, highgloss finish, the top provides a place for Lauren to tend to her growing collection of plants. Legs make the metal sections resemble furniture.



Finding the right general contractor starts by asking these questions, says Jean Brownhill, founder and CEO of Sweeten (sweeten.com), a service that matches homeowners with vetted contractors.



HAVE YOU EVER DONE A PROJECT LIKE MINE?

"The general contractor should be well-versed in work, scope, and budget similar to your project. Look at photos of their work."



HOW WILL WE STAY IN TOUCH DURING THE PROJECT?

"You need to be on the same page for communication. You might expect weekly emails, but the contractor might be in the habit of frequently texting."



WHAT CHANGES DO YOU THINK I SHOULD MAKE?

"This is a way to gauge a contractor's expertise, creativity, and experience. You should be able to start seeing them as a thought partner in problem-solving."



HOW LONG WILL THE **REMODEL TAKE?**

"Based on your project, a contractor should be able to give you a detailed timeline with a target date-sort of like a baby due date."

661 used picture ledges around the TV for a large gallery wall that I can continually play with.



BUILD THE PLAN THAT'S RIGHT FOR YOU!









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THE **TOOL KIT**

These few tools are all you need for carving, says craft stylist Marcie McGoldrick.



FLESHING TOOL

Clean out your pumpkin with this scraper, which scoops seeds and helps thin and smooth walls.

AWL

Use this needlepoint tool to trace templates onto your pumpkin by perforating along lines.



KEYHOLE SAW

Make large cuts, like holes in the back of pumpkins or carved eyes and mouths.



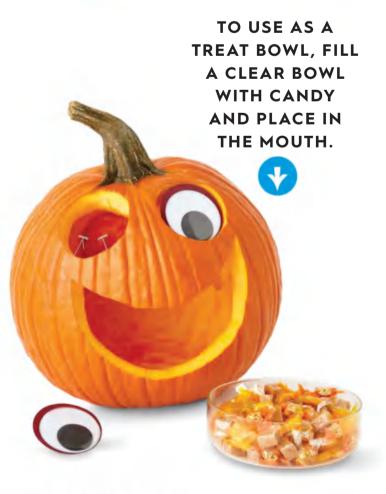
After using the keyhole saw, carve smaller details and clean up edges with this tool.





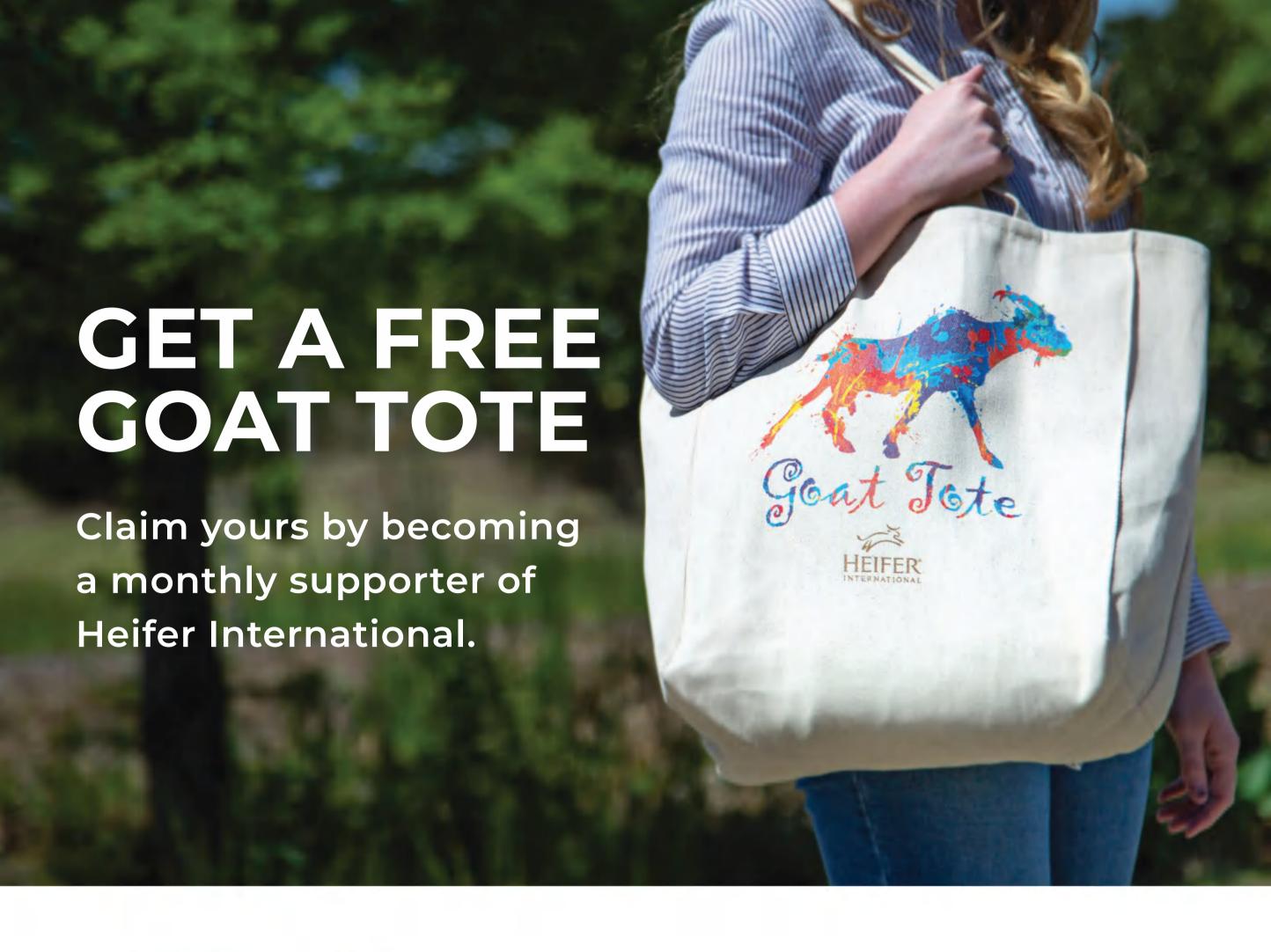
jack-o² lantern candy bowl

This wide-eyed, widemouth character seems to want all the treats, but he's happy to share. Carve an exaggerated smile and eye holes (freehand or download our templates) and thoroughly clean out pumpkin. Attach googly eyes to craft foam disks and use T-pins inserted in the cutouts to prop up the eyes.





To download our templates, hover your smartphone camera over code or visit BHG.com/ PumpkinFaces.





Your monthly donation will help people like Jit Kumari Yogi. After losing two of her sons and then her husband, Jit became a widow and a single mother to her remaining three sons. Shunned and burdened by poverty, she knew she must do something to create a better future for her family. With the help of Heifer International, she rebuilt her life step by step and emerged as a thriving entrepreneur.

Helping people like Jit is something to feel good about. And now you can pack all your good feelings in your very own goat tote.

SIGN UP NOW AT HEIFER.ORG/BETTERHOMES













iddit! Decorative storage, walls that wow, personality by the pound. This roundup of creative ideas for home gyms is sure to get your blood pumping.





An exercise space shouldn't make you tired before you work out. But Corey Decker admits hers was kind of an energy drain. So she flexed her DIY muscles and launched a makeover. On a whim, Corey, who shares her home projects on her blog, Sawdust 2 Stitches, ripped up the carpet and never looked back. She mapped out stripes on the wall using a long level, a pencil, and painters tape. After rolling on the ombré

treatment, Corey laid rubber floor tiles she bought for less than \$100. For a storage and style lift, she purchased vintage lockers off Craigslist for \$200, painted them, and turned them into a built-in by encasing them in a custom floor-to-ceiling cabinet. Her interest in indoor jogging? Still meh, she says. But her new surroundings keep her coming back with enthusiasm.



BEFORE Where's the motivation? The original space was a spare room with nothing but a treadmill. A few do-it-yourself projects turned it into an inspiring home gym.





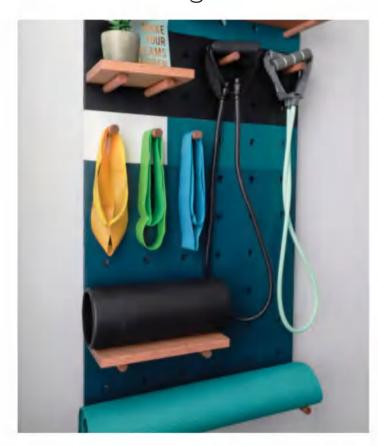
Great taste. Heart Healthy





FREE UP FLOOR SPACE

These do-it-yourselfers on Instagram devised wall-mounted storage solutions that are worth the reps.



@CRAFTEDBYTHEHUNTS

Zoe and Andrew Hunt drilled rows of holes in a 2×4-foot piece of plywood and cut dowels and shelves for a flexible setup pumped up by a bold, spray-painted pattern.



@ADDICTED2DIY

Stained to match Katie Cleveland's home office furniture, this rack started as a water bottle holder and evolved into wall art. The French cleat design means she can move the holders.



@COLLEENPASTOOR

Organizing her exercise bands and yoga mat on a plywood rack with pegs made Colleen Pastoor's spare bedroom feel like a true workout space and ensured her gear was neat.



@HOMEWITHB

A ready-made steel pegboard and floating shelves maintain order on a painted wall in Basalat Pasha Siddique's basement gym. Even the audio gear has its own perch.

EXERCISE SUCCESS Keep your at-home fitness routine on track by getting into the right frame of mind.

■ DEDICATE A SPOT

As little as 4 feet of space will do, says Los Angeles-based trainer Gretchen Zelek. "It can be a closet or a corner of the bedroom."

DRESS THE PART

"There's something motivating about changing out of your street clothes to exercise," Zelek says.
Get comfy and invest in some sturdy sneakers.

BE A "MEMBER"

Break the no-show pattern. Schedule your workouts as though you're signing up for a fitness class with a cancellation penalty.



Nice home. Nice garden. You deserve a nice heart-healthy breakfast.

*Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving.





groundcover SEDUM

These water-wise perennials form a colorful carpet in the garden and flourish even in tough conditions.



he world of sedum is vast, with hundreds of varieties in different sizes and colors. But the short groundcover versions of this succulentleaved plant are particularly good problem-solvers in the garden. Quick spreaders, they can be used to fill bare spots in a flowerbed (suppressing weeds in the process). They also work well as trailers along the edge of a pot or in a rock garden, where they wind gracefully around the stones. Wherever you plant them, these hardy, droughttolerant plants will ask very little of you.

SEDUM FAVORITES

- 1 'Lidakense' Pink flowers open in fall.
- 2 'Vera Jameson' On the taller side, it reaches 8-12 inches.
- **3 'Atlantis'** Yellow flowers bloom in summer. 4 'Tricolor' A pretty container edger, with frilly leaves.
- **5 'Firecracker'** Spreads especially quickly.
- **6** 'Little Miss Sunshine' Abundant yellow flowers in summer.
- **7 'Blue Spruce'** Can grow in part shade.

Sedum 411 What you should know before you plant.











Breathtaking Science. Breath-Giving Medicine.

This quiet moment is brought to you by nature. Also by FASENRA.

FASENRA helps prevent asthma attacks, improve breathing, and lower daily use of oral steroids.* It's only 1 maintenance dose every 8 weeks[†] and has a convenient pen option.

Talk to your doctor or visit **FASENRA.com**. Think of this moment as a quiet victory.

FASENRA is an add-on treatment for people 12 and older with severe eosinophilic asthma. It's not a rescue medication or for other eosinophilic conditions.

IMPORTANT SAFETY INFORMATION

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Do not use to treat sudden breathing problems.

FASENRA may cause serious side effects, including:

- allergic (hypersensitivity) reactions, including anaphylaxis. Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
 - o swelling of your face, mouth and tongue
 - o breathing problems
 - o fainting, dizziness, feeling lightheaded (low blood pressure)
 - o rash
 - o hives

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
 - o There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling I-877-311-8972 or visiting www.mothertobaby.org/fasenra.

*Results may vary.

†The first 3 doses are given on day 1, week 4, and week 8.

- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

Do not stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

The most common side effects of FASENRA include: headache and sore throat. These are not all the possible side effects of FASENRA.

APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call I-800-FDA-I088.

Please see Brief Summary of full Prescribing Information on following page.

FASENRA is a registered trademark of the AstraZeneca group of companies. ©2021 AstraZeneca. All rights reserved. US-49836 3/21

IMPORTANT INFORMATION FASENRA ABOUT

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

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- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
 - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Do not stop taking your other asthma medicines unless your healthcare provider tells you to.

How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.

- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. **Do not** try to inject FASENRA until you have been shown the right way by your healthcare provider. See the detailed "Instructions for Use" that comes with FASENRA PEN for information on how to prepare and inject FASENRA.
- If you miss a dose of FASENRA, call your healthcare provider.

What are the possible side effects of FASENRA? FASENRA may cause serious side effects, including:

- allergic (hypersensitivity) reactions, including anaphylaxis. Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
 - swelling of your face, mouth and tongue
 - breathing problems
 - fainting, dizziness, feeling lightheaded (low blood pressure)
 - rash
 - hives

The most common side effects of FASENRA

include headache and sore throat.

These are not all the possible side effects of FASENRA. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F $(20^{\circ}\text{C to } 25^{\circ}\text{C})$ for up to 14 days.
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- Keep FASENRA and all medicines out of the reach of children.

What are the ingredients in FASENRA?

Active ingredient: benralizumab

Inactive ingredients: L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20, α , α -trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive. Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at www.fasenra.com.

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11/19 US-30267





[POLLINATOR-FRIENDLY]

LATE-SEASON HEROES SEDUM FLOWERS ARE AN



PLANTING

Plant sedums in spring, summer, or early fall to allow them time to settle into the garden before winter. They thrive in lean, gravelly soil in a rock garden and on sunny slopes. Set plants in the ground with their crowns at soil level, spreading the roots gently. Firm the soil around them and water well. Continue watering new plants a couple of times a week for the first few weeks to encourage root growth. Poke

your finger in the soil: If it's moist, wait to water. Stop watering after frost. Fertilizer isn't necessary.

MULCH

Apply an organic mulch (compost or crushed autumn leaves) around but not touching the stems of plants to help conserve soil moisture and keep soil temperature even. Brent Horvath, a sedum hybridizer and the author of The Plant Lover's Guide to Sedums, recommends

topdressing around plants with a 1-inch layer of sharp gravel (available at garden shops). It looks neat and improves drainage as it is incorporated into the soil.

WINTER CARE

The flower clusters of groundcover sedums disappear as plants continue to grow. If you like, clip off the spent clusters with hand clippers. In spring, new growth emerges at soil level around deciduous sedums, such as 'Lidakense'. Evergreen

sedums, such as 'Blue Spruce', produce fresh leaves along their stems.

PESTS AND **PROBLEMS**

In the right location and with proper drainage, sedums are practically care-free plants. Avoid overwatering. Deer are not likely to damage plants, but if they do eat leaves or flowers, the plants will survive.

SOURCES

bluestoneperennials .com, witsendgardens .com ■

PLANT PARTNERS

To play up their texture and forms, pair sedums with perennial flowers and ornamental grasses.



BLUE FESCUE Ornamental grasses

create a feathery backdrop for sedums' more structured shapes.



CATMINT

The silver foliage and soft purple flowers of catmint contrast nicely with a ribbon of sedum.



DIANTHUS

Try a bright pink dianthus like 'Firewitch' with green sedum; it will spread alongside it.



Old Fashioned MINI BUNDTS

Plenty of pound cakes have been called old-fashioned, but in the case of these mini bundts the name comes from the classic cocktail that inspired them. Bourbon and bitters form the backdrop, but orange juice and maraschino cherries keep these little nightcaps sweet.



Iunchables
BUILT TO
BE EATEN





PAN-TASTIC

Invented in 1950 by Minnesota-based Nordic Ware, Bundt pans were inspired by kugelhopf, an Austrian cake baked in an elaborate mold. The form now includes hundreds of shapes. Here's how to get the best results.

GREASE WELL

Using cooking spray to thoroughly grease fluted tube pans is a great way to ensure even coverage. Use a pastry brush to distribute oil into tight spots of intricate pan designs.

BE PATIENT

Because bundts are relatively large, they take more time to bake than layer cakes. Don't rush or your cake may have an underbaked center. Check for doneness using a wooden skewer.

COOL DOWN

For the easiest release, the best time to remove a bundt cake from its pan is when it has cooled slightly but while the oils in the cake are still warm. Most recipes specify 10 to 15 minutes.

> **RECIPES BEGIN ON** PAGE 91.

DIPPED? Delicious.







Do what's delicious.







Sayory Start
Having fried rice for breakfast is a tasty way to eat a variety of vegetables along with your bacon and eggs.

BREAKFAST FRIED RICE

Customize this dish with whatever's in the fridge. Add any raw crunchy veggies with the onion in Step 2; add any soft, leafy vegetables with the bok choy in Step 3. START TO FINISH 30 min.

- 4 slices thick-cut bacon
- 3 Tbsp. reducedsodium soy sauce
- 1 tsp. rice wine vinegar
- 1 tsp. toasted sesame oil
- 1 tsp. fish sauce or oyster sauce (optional)
- ½ cup finely chopped yellow onion
- 2 oz. shiitake mushrooms, stemmed and thinly sliced
- medium carrot, cut into thin strips
- 2 cups cooked jasmine rice, well chilled
- 4 baby bok choy, trimmed and thinly sliced (5 oz.)
- ½ cup frozen shelled edamame, thawed
- 2 tsp. minced garlic
- Tbsp. minced ginger
- 2 eggs Crushed red pepper (optional)
- 1. Cook bacon in a 12-inch nonstick skillet over medium until crisp, turning occasionally. Meanwhile, stir together soy sauce, vinegar, sesame oil, and fish sauce (if using). Remove bacon to paper towels



to drain. Pour drippings into a heatproof container.

2. Return skillet to medium. Add 2 Tbsp. bacon drippings. Cook onion, mushrooms, and carrot 4 minutes or until lightly browned, stirring occasionally. Push mushroom mixture to one side.

Add rice to the other side; cook 2 minutes without stirring.

3. Stir together rice and mushroom mixture; top with bok choy and edamame. Cook 2 minutes without stirring. Stir to combine. Add garlic and ginger; cook 1 minute without

stirring. Stir to combine; cook 1 minute. Pour soy sauce mixture over rice mixture; stir to combine. Divide rice between plates. Top with bacon.

4. Return skillet to medium-high. Add an additional 1 Tbsp. bacon drippings. Fry the eggs to desired

doneness. Top each serving with an egg and, if you like, sprinkle with crushed red pepper. Serves 2. PER SERVING 506 cal, 16 g fat (4 g sat fat), 202 mg chol, 1,074 mg sodium, 65 g carb, 6 g fiber, 8 g sugars, 25 g pro ■





GROWTH The illusion, above: branches clipped at peak color and delicate mushrooms emerging from tree stumps. The tricks: Give paper leaf cutouts a watercolor treatment. Wrap wires with paper and shape them into mushroom stems. For the mushroom caps, form gills from pieces of folded paper. (See instructions on page 94.)

Considered a symbol of good things to come, the acorn is right at home on a dining table. Personalize each place setting with a cluster of 3-D paper acorns affixed to a twig, opposite. White gel ink on a paper leaf place card completes the look.





meet DAVID STARK

As founder and chief creative officer of David Stark Design and Production, Stark orchestrates artful events for clients such as Target and Louis Vuitton. He and his team also dream up handmade home decor, such as the pieces here. "Paper is very accessible, and it complements other natural materials," he says. To be able to reuse these projects each year, he recommends keeping them away from direct sunlight.



Find templates for leaves and 3-D paper structures by hovering your smartphone camera over this code.



 $\frac{FOLLOW}{the\,TRAIL}\,\, \hbox{To unite an assortment of pumpkins and gourds snugged in the}$ center of a table or lined up on a mantel, intertwine a vine. Dress up a bare vine with longlasting leaves cut from two colors of green paper you spatter with brown paint.



beautiful HARVEST

Paper sculptures reimagine humble staples of the season as home accents. Each squash, apple, gourd, and pear consists of eight identical pieces of folded paper. Draw inspiration from the farmers market to add distinction with painted detailing, paper-punched gourd warts, and real twig stems.



MODERN HSTORY



LOOKING AS STYLISH TODAY AS IT DID WHEN IT WAS
BUILT NEARLY 60 YEARS AGO, **BRANDI AND DAYE ADOFF'S** MIDCENTURY HOME MELDS THE BEST OF THE
PAST WITH MOTHER NATURE'S ALWAYS FRESH APPEAL.



OT EVERY TIME CAPSULE can go the distance. But this 1963 home is both a perfectly preserved snapshot of its era and looks like it could have been born yesterday. Architect Robert Morrison and his wife bought the lot when they were in their early 20s and built much of the house themselves, using fir and Western red cedar they shipped over from Oregon in a boxcar. "We wanted to make a house that became a part of nature," says Morrison, now 85. "So I designed it to float in the woods and just hang in the big trees."

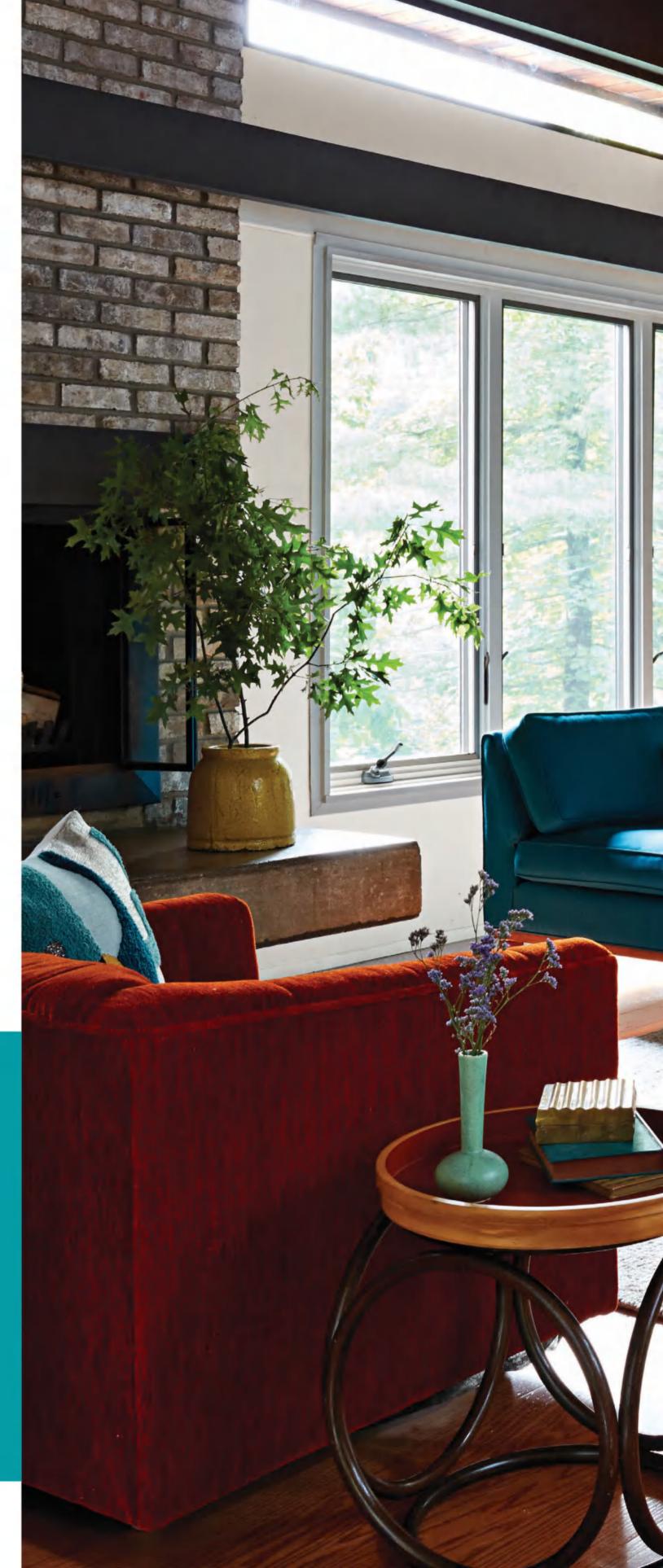
Brandi and Dave Adoff, the third-ever owners of the home, are committed to preserving its timeless beauty by leaning into original details. Walls of windows put the focus on gardens beyond the glass, and serene, minimalist lines abound (you won't spot any ornate crown moldings or distracting curvy spindles here). The couple are especially fond of the cozy woodsy tones, which many people might paint over to suit today's proclivity for white trim. "We love the red cedar ceilings throughout the house—even in the carport and the outside porches. They're so warm," Brandi says. A color enthusiast and fervent DIYer who finds comfort in quilting, she dotted each space with vibrant hues like teal and burnt orange. "It's a happy color combination I use over and over."

Ever faithful to the home's roots, they also chose as much midcentury furniture as they

could. "I like to find vintage," says Brandi, who advises biding time until you find pieces with a personal draw. Case in point: When she remodeled the guest bath, she waited on buying a mirror, finally spotting one for \$40 at a church sale that was "handmade and has the guy's initials on the side," she says. With care and skill, she and Dave are preserving this midcentury gem for their present-day enjoyment and beyond.

SPACE PLAN

In an open plan living space like this, Brandi suggests keeping seating profiles low and loungy so they maximize views around the room and enhance sight lines out the windows. **Arranging furnishings** so they face each other helps create coziness. Brandi also suggests separating a sectional, placing pieces "so you can converse."







ARTFULLY ARRANGED

The previous owners opened up the galley kitchen to the living room, left. "That's one of my favorite things they did, making it one giant entertaining space. We certainly would've done that if they hadn't," Brandi says. She added the statement range hood and matching stainless-steel counter stools. An orange KitchenAid mixer and a collection of vintage and reproduction jadeite bowls and glass cake plates amplify the original 1960s style.





THE BONES **OF THE HOUSE ARE** AMAZING, SOANY UPDATES **WE MADE** WERE TO HIGHLIGHT WHAT WAS **ALREADY** THERE.

BRANDI ADOFF

COZY NOOKS

Morrison designed small, 7-foot-high alcoves, above, off the 10-foottall living room to create homey hideaways—a feature typical in midcentury architecture. Brandi painted beams in Sherwin-Williams Urbane Bronze to add to the snug feel.

DISPLAY CASE

The couple were careful to preserve built-in bookshelves, *left,* that the architect designed and built himself. If you want shelving that looks like this, Brandi says Elfa's Décor system (containerstore.com) strikes a similar note.



DIY TOUCH

An antique rug found at a flea market hangs as art in the guest bedroom, left. It kicked off the blocky design of quilts Brandi makes from thrifted vintage fabric. Also thrifted is a wall sconce topped with a shade Brandi wrapped in leftover upholstery fabric.

RETRO FIT

Built-ins are a hallmark of midcentury homes. Morrison created this nook, right, for his wife, who loved to sew; Brandi carries on the crafting torch, using this space for her quilting projects. She furnished the room with a vintage tulip chair and stool in keeping with the '60s aesthetic.

NATURAL CONNECTION

right, Brandi opted for finishes that felt era- and locationappropriate, including Woods wallpaper, first designed in 1959 by Cole & Son. It's "a nod to the trees outside," she says. Brandi and Dave's contractor built a new vanity, with hidden hardware that makes it look as if it's a single piece of wood. "I wanted it to look like it had always been here," Brandi says. A black faucet and pendant lights give the space a modern edge. ■



BUYING INFORMATION: BHG.com/Resources





PORTRAIT: TERRI GLANGER

OVER THE COURSE OF HER LIFE, MELY MARTÍNEZ HAS PACKED AND UNPACKED MORE THAN 30 TIMES, TRAVERSING HER NATIVE MEXICO AND THE UNITED STATES, PICKING UP FLAVORS, INGREDIENTS, AND RECIPES ALONG THE WAY.

For years, Mely Martínez and her husband, David, kicked off every relocation with the same ritual: "We'd hang a map of our new city in the kitchen and add pushpins for everywhere we wanted to eat," says Mely, who now calls Dallas home. "For me, the best way to understand a place is through its food."

It's a viewpoint she has held since her childhood in Tampico, a port city in the northeastern Mexican state of Tamaulipas, where she made a habit of stopping by friends' houses just to taste what was coming out of the kitchen. "My mom would get so angry and say, 'Everyone will think we don't feed you!"" she says with a laugh.

Mely's culinary adventures kicked into high gear when she left home at 20 to teach in a rural area near the border of Guatemala. Visiting the homes of her new neighbors, she was shocked to learn that nopales, the cactus paddles so prized by cooks in her northern hometown, were considered pig food in the south, and yucca flowers, just a pretty part of the scenery where she was from, were used here in a delicious version of scrambled eggs.

After she and David married, Mely began re-creating in her own kitchen many of the new dishes she encountered, filling the car with peppers, herbs, and other local ingredients on their frequent travels. She also began exploring food online, becoming an active participant in several

Latin food forums and, in 2008, establishing her blog, Mexico in My Kitchen. "I started it for my son, David," she says. "I thought that wherever he lives when he grows up, he could find all his mom's recipes. It would be a chance for him to re-create home and share our culture."

Her cookbook, The Mexican Home Kitchen, is a continuation of that idea. "I want to preserve this

Mely Martínez at home in her Dallas kitchen.

very important part of our culture for the next generation," Mely says. "What we see in the States is about 1 percent of what Mexico has to offer in terms of food. There's so much more to explore."

BY JENNY COMITA PHOTOS CARSON DOWNING PRODUCED BY CARRIE BOYD FOOD STYLING KELSEY MOYLAN & GREG LUNA PROP STYLING STEPHANIE HUNTER



THE SOUTHEAST

The bulk of this region sits on the Yucatán Peninsula, bordered by the Gulf of Mexico and the Caribbean Sea. Over the centuries, native Mayan staples have fused with flavors introduced by traders and immigrants from Europe and the Middle East. The region is perhaps best known for *pibil*—meat that's marinated, wrapped in banana leaves, and barbecued—but these open-face salbutes, left, are a bit more weeknight-friendly.



"These are Yucatán's version of tostadas," Mely says. "Fried tortillas get topped with turkey, veggies, and quickpickled onion."





"TETELAS MAKE ME THINK OF A **HEALTHIER VERSION** OF PIZZA POCKETS," **MELY SAYS. SERVE** THEM WITH CREMA, QUESO FRESCO, AND SALSA.

OAXACA

"The flavors of Oaxaca are very distinct," Mely says. "The recipes use ingredients that are central to their cooking but don't grow anywhere else in the country." Another hallmark: chocolate, which Oaxacans use in hot beverages and their famous mole negro, a silky, deeply flavorful sauce.

TETELAS

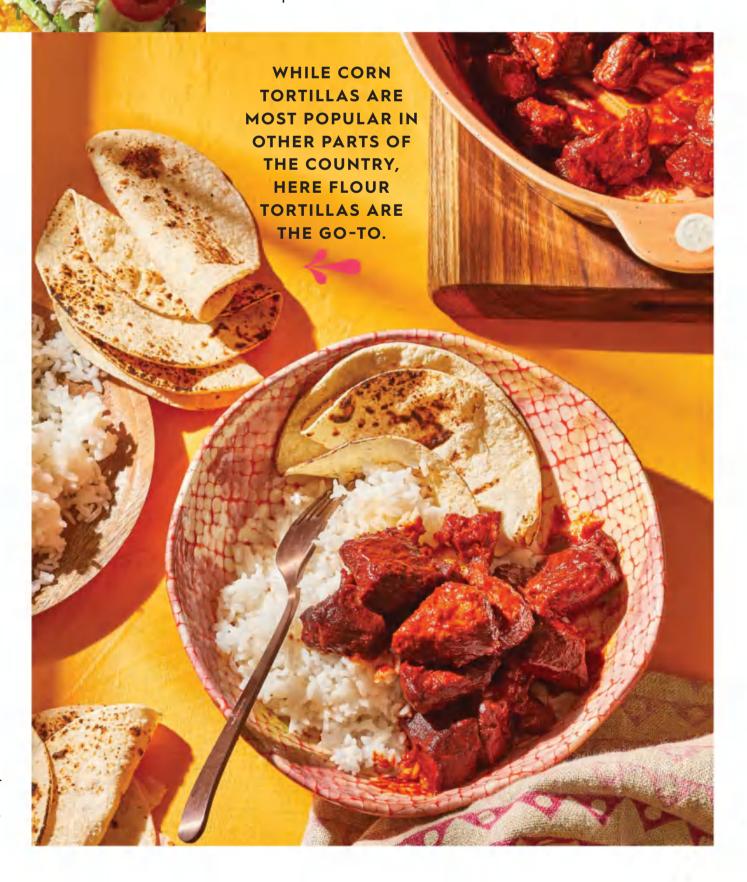
"In Oaxaca, tetelas, above, are sold by sidewalk vendors, at food stands, and even in restaurants," Mely says of these triangleshape treats, which are made from corn masa and stuffed with a black bean mash.

THE NORTHEAST

This large region is known for its ranches. It's only natural, then, that the food here is meat-heavy. "Cookouts are a way of life," according to Mely. "And asado de puerco, right, is often served on farms for big celebrations weddings, baptisms, and birthdays."

ASADO DE PUERCO (PORK STEW)

Most braised pork dishes cook for hours. This one is done in a fraction of the time but you'd never guess it once you taste the rich, dried-chile sauce.









CENTRAL MEXICO

"Mexico City and the areas around it are the oldest parts of the country and where many of the dishes eaten all over Mexico have their origins," Mely says. "Walk into a diner anywhere in the country and you will find chilaquiles, huevos rancheros, and enchiladas suizas—all of those dishes are from here."

cookbook



RECIPES FROM PAGES 82-87

MELY'S MEXICO

Recipes by Mely Martínez, author of *The Mexican Home Kitchen*.

CALDO DE CAMARÓN (SHRIMP SOUP)

"If you can't find fresh epazote, you can use dried epazote or fresh cilantro," Mely Martínez says. Substitute ½ tsp. dried epazote or 3 to 4 Tbsp. cilantro.

HANDS-ON TIME 45 min.

TOTAL TIME 1 hr.

- 1 lb. raw shrimp, shells removed and reserved
- $\frac{1}{2}$ of a medium white onion
- 4 garlic cloves, peeled
- 1 bay leaf
- 1 lb. plum tomatoes
- 1 chipotle pepper in adobo
- 1¼ cups diced carrots
- 1¼ cups diced peeled potatoes
- 4 large fresh epazote leaves Warm corn tortillas and lime wedges
- 1. For shrimp stock: In a saucepan combine reserved shrimp shells, 1/4 onion, two of the garlic cloves, the bay leaf, and 5 cups water. Bring to boiling over medium-high. Reduce heat; simmer 8 minutes. Remove from heat and strain.
- 2. Meanwhile, place tomatoes and the remaining ¼ onion and two garlic cloves on a hot griddle or in a cast-iron skillet over medium, turning occasionally

for an even roast, about 8 minutes.*
(Remove garlic promptly as it browns.
If it burns, it will be bitter.)

- **3.** Place roasted tomatoes, onion, garlic, and the chipotle in a blender or food processor. Cover; blend until smooth.
- **4.** In a medium saucepan heat 2 Tbsp. olive oil over medium. Add carrots; cook 2 minutes. Stir in potatoes; cook 6 minutes, stirring often.
- 5. Strain tomato mixture through a fine-mesh strainer into the saucepan with the carrots and potatoes. Bring to boiling. Reduce heat and simmer 10 minutes. Add shrimp stock and shrimp. Gently simmer 5 to 7 minutes or until shrimp are a light pink-orange color but still look firm. (Don't overcook or shrimp will have a rubbery texture.) Add the epazote and cook 2 more minutes, then season with kosher salt and black pepper. Serve immediately with tortillas and lime wedges. Serves 6. *TIP You can also roast the tomatoes, onion, and garlic in the oven: Roast 20 minutes at 425°F on a parchment paper-lined baking sheet.

PER SERVING 209 cal, 6 g fat (1 g sat fat), 106 mg chol, 227 mg sodium, 25 g carb, 4 g fiber, 4 g sugars, 16 g pro

SALBUTES

START TO FINISH 35 min.

- 1 medium red onion, sliced
- 1/4 cup white vinegar or lime juice
- 1/2 tsp. dried Mexican oregano or marjoram, crushed
- 2½ cups shredded cooked turkey or chicken
- ¼ tsp. garlic powder
- 1/4 tsp. onion powder
- ½ cup vegetable oil
- 12 corn tortillas
- 3 cups shredded lettuce
- 2 plum tomatoes, sliced
- 1 cucumber, sliced
- 1 avocado, sliced
- 1. In a medium saucepan heat 2 cups *water*. Once boiling, remove from heat. Add onion. Stir and let sit 2 minutes; drain.
- **2.** Place onion in a glass bowl. Add vinegar, oregano, and

- 1/4 tsp. kosher salt. (Refrigerate pickled red onions up to 2 weeks.)
- **3.** Place turkey in a bowl and season with garlic powder, onion powder, ½ tsp. salt, and ¼ tsp. black pepper. Mix well.
- **4.** In a large frying pan heat oil over medium. Once hot, place two tortillas at a time into the oil to lightly fry them. As you work, transfer tortillas to a paper towel-lined plate to drain excess oil.
- **5.** To assemble salbutes, top tortillas with lettuce, turkey, tomatoes, cucumber, and avocado. Add pickled onions and, if you like, serve with *red salsa*. Serves 6. **PER SERVING** 280 cal, 9 g fat (2 g sat fat), 59 mg chol, 139 mg sodium, 30 g carb, 6 g fiber, 4 g sugars, 21 g pro

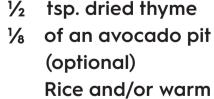
ASADO DE PUERCO (PORK STEW)

Mely adds a small piece of avocado pit to this dish's blended sauce. "I find it thickens the sauce a bit, and some people think it helps temper acidity," she says. We tested with and without the pit with equally delicious results.

HANDS-ON TIME 20 min.

TOTAL TIME 1 hr. 45 min.

- 2 lb. boneless pork shoulder, cut into 1½-inch cubes
- 2 Tbsp. vegetable oil or lard
- 4 dried ancho peppers
- 4 dried guajillo peppers
- 2 Tbsp. white vinegar
- 3 garlic cloves
- 1 ½-inch stick Mexican cinnamon or cinnamon
- 8 black peppercorns
- 1 tsp. dried Mexican oregano or marjoram, crushed
- 2 bay leaves
- 2 whole cloves
- $\frac{1}{2}$ tsp. cumin seeds



Rice and/or war corn tortillas

1. Place pork in a large stockpot and add enough water to cover meat. Cook over medium-high until meat is tender and water has evaporated, 45 to



THE MEXICAN
HOME KITCHEN,
\$28; quartoknows.com

Spill the beans: the secret is in the beans.



GOYA® Red Kidney Beans, real quality for Real-Life Chefs.

Three Bean Vegetarian Chili

Ingredients

1 can (15.5 oz.) GOYA® **Red Kidney Beans**, undrained

1 can (15.5 oz.) GOYA® Black Beans, drained and rinsed

1 can (15.5 oz.) GOYA® Pinto Beans, undrained

3 tbsp. GOYA® Extra Virgin Olive Oil

½ medium yellow onion, finely chopped

1 medium carrot, peeled and cut into 1/4" pieces

2 small green and/or yellow zucchini, cut into ¼" pieces

2 tsp. chili powder

2 tsp. GOYA® Minced Garlic

1 pepper, finely chopped, plus 1 tsp. sauce from 1 can GOYA® Chipotle Peppers in Adobo Sauce

1 can (28 oz.) GOYA® Crushed Tomatoes

1/2 tsp. GOYA® Adobo All-Purpose Seasoning with Pepper

For step-by-step instructions, visit goya.com/beanchili

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GOYA® Red Kidney Beans -

Winner of the ChefsBest® Excellence Award* for their high quality. Our best-kept secret is out: there are a lot of vegetarian chilis out there, but not all of them are made with award-winning beans.

*The ChefsBest® Excellence Award is awarded to brands that surpass quality standards established by independent professional chefs.



60 minutes. (If meat isn't tender, add more water, ½ cup at a time, and continue cooking, checking every 15 minutes.) Add the vegetable oil and continue cooking until meat is slightly browned, about 5 minutes.

- 2. Meanwhile, preheat a large skillet or comal (a flat griddle) over medium-high. Slice open the anchos and guajillos; seed and devein. Slightly toast 30 to 40 seconds on each side, being careful not to burn them (burned chiles will make the dish taste bitter). Place toasted chiles in a bowl; add enough hot water to cover. Soak 20 minutes; drain.
- **3.** In a blender combine ¾ cup water,* half of the chiles, the vinegar, garlic, cinnamon stick, peppercorns, oregano, bay leaves, cloves, cumin seeds, thyme, and, if using, the avocado pit. Cover; blend at least 1 minute or until smooth. Add an additional ½ cup water; blend. Add the remaining chiles, a little at a time; blend until smooth, adding more water as needed.
- 4. Strain sauce through a fine-mesh strainer into the pot with pork. Cook over medium 10 minutes, stirring frequently to prevent sticking. Add more water as needed and season with ½ tsp. kosher salt. Keep heating and stirring until sauce thickens to the consistency of thick gravy, about 15 minutes. Serve with rice and/or corn tortillas. Serves 6.

*TIP If you have a high-performance blender, blend the sauce all at once, adding 2 cups water with the toasted chiles and spices.

PER SERVING 261 cal, 11 g fat (2 g sat fat), 91 mg chol, 280 mg sodium, 5 g carb, 1 g fiber, 35 g pro

TETELAS

Mexican crema is similar to sour cream, but has a mild flavor and pourable texture. Look for it in Mexican markets and big grocery stores. If you can't find it, thin some sour cream with milk.

START TO FINISH 30 min.

- 2 cups masa harina
- 1 recipe Refried Black Beans (right) or 11/3 cups purchased refried black beans
- 3/4 cup Mexican crema

3/4 cup crumbled queso fresco Green and/or red salsa

- **1.** Mix masa harina with 1½ cups warm water and knead well to form a smooth dough. If the dough feels a little too dry, add up to 2 Tbsp. additional warm water, a little at a time.
- **2.** Divide dough into 12 balls; cover with a damp kitchen towel to prevent dough from drying out while you work. Heat a comal (or griddle) over medium-high.
- **3.** Working one at a time, place a masa ball between two sheets of plastic wrap and gently press using a tortilla press or under a glass pie dish. (Tortilla should measure about 6 inches in diameter.)
- 4. Peel top plastic wrap away from tortilla. Spread with about 1 Tbsp.
 Refried Black Beans. Visually divide the tortilla into thirds. Using bottom piece of plastic wrap, fold in one side of tortilla to cover about half of the beans; fold a second side in over beans, overlapping the first side and forming a point at the bottom. Fold down remaining side to make a triangle.
- **5.** Remove plastic wrap and place tetela on the griddle. Cook 1 minute; flip over and cook 2 to 3 minutes more. Flip to original side and cook 1 minute more. Move to a plate; cover to keep warm. Repeat with remaining masa and beans.
- **6.** Serve with crema, queso fresco, and salsa. Makes 12.

REFRIED BLACK BEANS Using a small blender or food processor, puree 1½ cups cooked black beans (or one 15-oz. can, drained). In a skillet heat 2 Tbsp. vegetable oil or lard over medium. Add ¼ cup chopped onion; cook and stir until softened. Add bean puree, stirring to prevent sticking. PER TETELA 176 cal, 8 g fat (3 g sat fat), 15 mg chol, 107 mg sodium, 23 g carb, 4 g fiber, 1 g sugars, 5 g pro

BAJA FISH TACOS

HANDS-ON TIME 25 min.
TOTAL TIME 45 min.

- lb. cod, halibut, or other whitefish
- $1\frac{1}{2}$ cups all-purpose flour
- 1/2 tsp. dried Mexican oregano or marjoram, crushed

- ⅓ tsp. garlic powder
- 1 cup light beer
- 1½ cups vegetable oil
- 2 plum tomatoes, diced
- $\frac{1}{2}$ cup chopped white onion
- 2 fresh serrano peppers (seeded and deveined if desired), diced
- ⅓ cup chopped fresh cilantro
- 2 Tbsp. plus 1 tsp. lime juice
- $\frac{1}{2}$ cup Mexican crema or sour cream
- $\frac{1}{3}$ cup mayonnaise
- 12 corn tortillas, warmed
- 1½ cups finely shredded cabbage Lime wedges, salsa verde, and/or red salsa
- **1.** Cut the fish across the grain into 1-inch strips. Season with *kosher salt* and *black pepper*. In a dish place ½ cup of the flour. Dredge fish in flour to coat.
- 2. In a medium bowl combine the remaining 1 cup flour, the oregano, garlic powder, ½ tsp. kosher salt, and ½ tsp. black pepper. Pour a small amount of the beer into the flour mixture, whisking as you pour and adding enough (up to 1 cup) to make a batter similar to pancake batter.
- **3.** In a large frying pan or Dutch oven heat the vegetable oil over medium-high. Once oil is hot, and working in batches, dip a few pieces of fish in batter, gently shake over the bowl to let excess drip off, then carefully drop into oil. Cook 2 to 3 minutes or until golden brown. Flip; cook an additional 2 minutes. Transfer fish to a paper towel-lined plate to drain. Repeat with remaining fish.
- **4.** For pico de gallo: In a medium bowl combine tomatoes, onion, serranos, and cilantro. Add 2 Tbsp. lime juice and kosher salt to taste.
- **5.** In a small bowl stir together crema, mayonnaise, and the remaining 1 tsp. lime juice. Season with ⅓ tsp. each salt and pepper. If desired, add 1 to 2 Tbsp. water to make a drizzling consistency.
- **6.** Top tortillas with fish, cabbage, pico de gallo, and a drizzle of the crema mixture. Serve with lime wedges and/or salsa. Serves 4.

per serving 695 cal, 30 g fat (7 g sat fat), 76 mg chol, 652 mg sodium, 71 g carb, 5 g fiber, 5 g sugars, 30 g pro

BEEF BIRRIA

Mely likes to use a combination of beef cuts—chuck, shank, oxtail—using at least one bone-in cut for a rich, meaty flavor.

HANDS-ON TIME 45 min.

TOTAL TIME 8 hr. 45 min., includes marinating

- 4 lb. beef roast (4 lb. boneless chuck or 3 lb. boneless chuck plus 1 to 2 lb. oxtail or beef shank)
- 3 dried ancho peppers
- 6 dried guajillo peppers
- 2 large tomatoes
- $\frac{1}{2}$ of a medium white onion, sliced
- 4 garlic cloves, peeled
- 4 whole cloves
- $\frac{1}{2}$ tsp. cumin seeds
- ½ tsp. black peppercorns
- $\frac{1}{2}$ cup white vinegar
- 1 tsp. dried Mexican oregano or marjoram, crushed
- 1 1-inch stick Mexican cinnamon or cinnamon
- 1 1/4-inch piece fresh ginger (optional)
- 1/2 tsp. dried marjoram
 Chopped white onion
 Chopped fresh oregano or cilantro
 Warm corn tortillas, lime wedges,
 and salsa
- **1.** Place beef in a large greased baking dish; season with *kosher salt* and *ground* black pepper.
- **2.** Preheat a large skillet or comal over medium-high. Slice open the anchos and guajillos; seed and devein. Slightly toast 30 to 40 seconds on each side, being careful not to burn them (burned chiles make the dish taste bitter). Place chiles in a bowl; add enough *hot water* to cover. Soak 20 minutes; drain.
- **3.** Meanwhile, place tomatoes, onion slices, and garlic in the skillet over medium to roast, turning occasionally for an even roast, about 8 minutes (see tip, p. 88). (Remove garlic promptly as it browns. If it burns, it will be bitter.)
- **4.** Briefly toast the whole cloves, cumin seeds, and peppercorns in the skillet, about 30 seconds.
- **5.** In a blender combine toasted chiles; roasted tomatoes, onion, and garlic; toasted spices; vinegar; oregano; cinnamon; ginger (if using); marjoram; and 1 tsp. kosher salt. Cover and blend

until smooth, adding a few tablespoons of water as needed to mix thoroughly.

- **6.** Pour sauce over the beef. Cover with foil; refrigerate 4 hours or overnight.
- 7. Preheat oven to 350°F. Bake beef, covered, 4 hours or until fork-tender. Shred and serve in bowls with broth; garnish with chopped onion and oregano. Serve with tortillas, lime wedges, and salsa. Serves 8.

TIP You can make this in the slow cooker: Prepare as directed through Step 6, then cook on low 6 to 8 hours. PER SERVING 386 cal, 13 g fat (3 g sat fat), 143 mg chol, 316 mg sodium, 25 g carb, 6 g fiber, 3 g sugars, 44 g pro

ENCHILADAS SUIZAS

HANDS-ON TIME 35 min.
TOTAL TIME 1 hr.

- oz. tomatillos, husked and washed (6 to 8 tomatillos), or one 11-oz. can tomatillos, drained
- 2 fresh serrano peppers or1 jalapeño pepper (seeded and deveined if desired)
- ¼ of a medium white onion
- 1 garlic clove
- $\frac{1}{2}$ cup Mexican crema or sour cream
- 1/2 cup chopped fresh cilantro
- 12 corn tortillas
- to 3 cups shredded cooked chicken
- /4 tsp. onion powder
- ¼ tsp. garlic powder
- cup shredded Oaxaca or
 Swiss cheese
 Thinly sliced red onion, chopped
 fresh cilantro, and/or Mexican
 crema or sour cream
- 1. For salsa verde: In a large saucepan bring tomatillos, serranos, white onion, garlic, and 4 cups water to boiling.

 Reduce heat; simmer 15 minutes or until tomatillos are tender. Let cool. Using a slotted spoon, transfer vegetables to a blender; add 1 cup of the cooking liquid. Add crema and the ½ cup chopped cilantro; cover and blend until pureed.
- 2. In a large skillet heat 2 Tbsp.

 vegetable oil over medium. Using tongs, dip tortillas, one at a time, into the oil a few seconds per side to soften them, adding more oil as needed.

 As you work, transfer tortillas to a

paper towel-lined plate to drain.

- **3.** Season chicken with the onion powder, garlic powder, kosher salt, and black pepper.
- 4. Preheat oven to 350°F. Spread one-third of the salsa verde in the bottom of a greased 2-qt. baking dish. Fill the center of a tortilla with chicken, roll it up, and arrange in baking dish, seam side down. Repeat with remaining tortillas and chicken.
- **5.** Cover enchiladas with the rest of the salsa verde; sprinkle with cheese.
- **6.** Bake 25 to 30 minutes or until cheese starts to turn golden. Garnish with red onion and cilantro, and serve with crema or sour cream. Serves 4.

MAKE-AHEAD Prep through Step 4, cover tightly, and refrigerate up to 2 days. Bake as directed, increasing baking time to 35 minutes. (Mely recommends using a quality corn tortilla. Cheaper tortillas may start to break down during storage.)

per serving 547 cal, 27 g fat (10 g sat fat), 107 mg chol, 439 mg sodium, 46 g carb, 7 g fiber, 9 g sugars, 32 g pro

— RECIPES FROM PAGES 60-64 - $BOTTOMS\ UP$

OLD FASHIONED MINI BUNDT CAKES

HANDS-ON TIME 25 min. TOTAL TIME 1 hr. 45 min.

- ⅓ cup orange juice
- ⅓ cup bourbon
- 11/4 cups all-purpose flour
- 11/4 tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- ⅓ cup plus 3 Tbsp. unsalted butter, softened
- 3/4 cup plus 3 Tbsp. granulated sugar
- 1 egg
- 1 egg yolk
- 1 tsp. Angostura bitters
- $\frac{1}{2}$ tsp. vanilla
- ⅓ cup boiling water
- $1\frac{1}{2}$ cups powdered sugar
- 1 to 2 Tbsp. orange juice
- 6 cocktail or maraschino cherries
 Orange zest, cut into wide strips
 with a vegetable peeler



- 1. Preheat oven to 350°F. Coat six 1-cup mini fluted tube pans (or six 3½-inch muffin cups) with nonstick baking spray. In a liquid measuring cup combine the ½ cup orange juice and the bourbon. In a medium bowl whisk together flour, baking powder, baking soda, and 1 tsp. kosher salt.
- 2. In a large bowl beat the ½ cup butter with a mixer on medium 30 seconds. Add the ¾ cup granulated sugar; beat 2 minutes. Add egg and egg yolk, one at a time, beating well after each. Beat in bitters and the vanilla. Add flour mixture. Beat just until combined, scraping sides of bowl as needed. Add ⅓ cup of the bourbon mixture and the boiling water. Beat on low just until incorporated. Divide batter evenly among pans.
- **3.** Bake 20 minutes (18 to 20 minutes for the muffin cups) or until a wooden skewer comes out clean.
- **4.** Meanwhile, for syrup: In a small saucepan combine 3 Tbsp. of the bourbon mixture with remaining 3 Tbsp. each granulated sugar and butter. Cook, stirring, over medium until sugar dissolves and mixture comes to a simmer.
- **5.** Using a toothpick, poke holes in each cake. Slowly spoon syrup evenly over cakes. Cool in pans 1 hour or until cakes absorb syrup. Remove cakes from pans.
- **6.** For glaze: In a medium bowl combine the remaining bourbon mixture, the powdered sugar, an additional few dashes of bitters to taste, and the 1 to 2 Tbsp. orange juice to make drizzling consistency. Drizzle over cakes. Top with cherries and orange zest. Makes 6.

PER MINI CAKE 543 cal, 18 g fat (10 g sat fat), 104 mg chol, 411 mg sodium, 86 g carb, 1 g fiber, 64 g sugars,4 g pro

PUMPKIN SPICE LATTE BUNDT CAKE

HANDS-ON TIME 30 min. TOTAL TIME 1 hr. 20 min.

- 2 Tbsp. instant espresso coffee powder
- 3/4 cup evaporated milk
- 2⅓ cups cake flour
- 2 tsp. baking powder
- 2 tsp. pumpkin pie spice

- 11/4 cups sugar
- $\frac{1}{2}$ cup butter, softened
- 11/4 cups canned pumpkin
- 2 eggs
- 2 egg whites
- 1 tsp. vanilla
- Tbsp. dark unsweetened cocoa powderSweetened whipped cream
- **1.** Heat oven to 350°F. Lightly coat 10-inch fluted tube pan with *nonstick* baking spray.
- **2.** In a small bowl combine espresso coffee powder and 1 Tbsp. of the evaporated milk; stir until dissolved.
- **3.** In a medium bowl stir together flour, baking powder, pumpkin pie spice, and ½ tsp. kosher salt. In a large bowl beat the sugar and butter with a mixer on medium to high 1 minute or until light and fluffy. Add pumpkin, eggs, egg whites, vanilla, and ½ cup vegetable oil; beat on low to combine. Alternately beat in flour mixture and remaining evaporated milk.
- **4.** Transfer half of the batter to a medium bowl. Add espresso mixture and cocoa powder; fold together.
- **5.** Place each batter in separate piping bags; pipe stripes into bottom of prepared pan. (Or using a cookie scoop, place a scoop of pumpkin batter

into prepared pan; let it spread slightly. Place scoop of espresso batter directly on top of pumpkin batter.
Alternate batters, allowing each to spread between scoops; batters will flow to fill bottom of pan.)

- 6. Bake 40 minutes or until a wooden skewer comes out clean. Cool cake in pan on a wire rack 10 minutes.

 Remove cake from pan; cool completely.
- **7.** Serve cake with whipped cream and sprinkle with additional pumpkin pie spice. Serves 12.

per serving 373 cal, 18 g fat (8 g sat fat), 60 mg chol, 281 mg sodium, 49 g carb, 2 g fiber, 23 g sugars, 6 g pro

HOT CHOCOLATE MARSHMALLOW BUNDT CAKE

HANDS-ON TIME 30 min. TOTAL TIME 1 hr. 30 min.

- 4 oz. unsweetened chocolate, chopped (2/3 cup)
- 1 Tbsp. unsweetened cocoa powder
- 13/4 cups all-purpose flour
- $\frac{1}{3}$ cup malted milk powder
- 1 tsp. baking soda
- 3/4 cup butter, softened
- 1½ cups granulated sugar
- 3/4 cup packed brown sugar
- 3 eggs, at room temperature
- 21/2 tsp. vanilla
- 3/4 cup semisweet chocolate chips
- 2 egg whites
- 1/4 tsp. cream of tartar
- 1/4 cup light-color corn syrup
- **1.** Preheat oven to 350°F. In a small bowl microwave unsweetened chocolate 1 to 2 minutes or until melted, stirring every 30 seconds. Cool slightly.
- 2. Coat a 10-inch fluted tube pan with nonstick baking spray. Add cocoa powder. Shake and tilt pan to coat interior; discard excess cocoa powder. In a medium bowl stir together flour, milk powder, baking soda, and ½ tsp. salt.
- 3. In a large bowl beat butter with a

mixer on medium to high 30 seconds. Add 1 cup of the granulated sugar, the brown sugar, and ½ cup vegetable oil. Beat until combined, scraping sides of bowl as needed. Add eggs, one at a time, beating until combined after each. Beat in melted chocolate and 1½ tsp. of the vanilla.

- M. Alternately add flour mixture and 1 cup water to mixture, beating on low after each addition just until combined. Stir in chocolate chips. Pour batter into pan, spreading evenly.
- **5.** Bake 45 minutes or until a wooden skewer comes out clean. Cool in pan on a wire rack 15 minutes. Remove



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cake from pan; cool completely.

- **6.** For marshmallow meringue: In a large bowl beat the egg whites and cream of tartar with a mixer on medium until soft peaks form (tips curl). In a small heavy saucepan combine the remaining ½ cup granulated sugar, the light-color corn syrup, and 1/4 cup water; bring to boiling, swirling pan gently to dissolve sugar. Cook sugar syrup to 240°F (2 to 3 minutes), then immediately remove from heat. With mixer running on medium-low, slowly pour syrup in a steady stream into bowl with egg whites. Increase speed to medium-high and beat 4 minutes or until glossy and stiff. Beat in the remaining 1 tsp. vanilla and a pinch of salt.
- **7.** Once cake is completely cool, top with spoonfuls of marshmallow meringue. If desired, use a kitchen torch to lightly toast marshmallow meringue. Serves 12.

PER SERVING 555 cal, 27 g fat (13 g sat fat), 77 mg chol, 383 mg sodium, 74 g carb, 3 g fiber, 53 g sugars, 7 g pro ■

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HOME SWEEPSTAKES

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natural deaths MORKBOOK

For his nature-inspired projects, David Stark likes to forage, but he also scours flower and farmers markets, nurseries, crafts stores, and online shops for unusual materials. "You are one click away from a virtual nature walk," he says.

3-D PAPER structures

Pictured on cover and *pages 72-73* Project time About 45 minutes per structure

What you need

- Templates (Download ours at BHG.com/FallPaper.)
- Colored cardstock
- Acrylic paint
- Paintbrushes
- Bone folder Glue stick
- Twigs
- Hand pruners
- Hot-glue gun



Using templates, cut out 8 identical shapes from one color of cardstock for each structure.

Paint accents on paper cutouts using acrylic paint diluted with water for a soft watercolor effect. To blend colors, wet the paper first. For striations on honeynut squash, dip tip of dry flat brush into diluted paint and stroke one side of the paper.

Note: For random or allover effects, reverse Steps 1 and 2: Paint sheets of cardstock, then cut out shapes.



When dry, fold each cutout in half, painted side in, and press fold with bone folder. Apply glue stick to half the back of one cutout; align with back of another cutout, then press together. Repeat gluing and pressing cutouts to complete 3-D shape.



Use hand pruners to cut twigs for stems; hotglue stems to top of structures. Follow the instructions for making and affixing leaves, far right.

ACORNS

Pictured on page 68

No painting is needed. Cut 8 cap and base shapes from differentcolor cardstock. Fold each cutout in half and press fold with bone folder. Tape backs of each cap and base cutout together with transparent tape. Glue, align, and press together as in Step 3.

mushrooms

Pictured on pages 69 and 73 Project time About an hour per mushroom

What you need

- Templates
- Light-color cardstock
- Bone folder
- Binder clip
- White glue
- Kraft paper
- Paper punches (two sizes)
- 18-gauge wire
- Newspaper
- Hot-glue gun



Using templates, cut out 24 gill shapes from light-color cardstock for each mushroom cap.

Fold each gill cutout in half and press fold with

bone folder. Stack folded pieces and clamp them using a binder clip. Apply white glue along folded edges. Let dry, then remove the clip.



Open folded stack and glue first cutout to last to turn the gills into 3-D mushroom cap shape. Tear kraft paper into triangles; using white glue, cover top of mushroom gills with triangles. Punch cardstock into two sizes of dots; glue dots to caps.



Cut a 6-inch length of wire. Crumple and twist kraft paper or newspaper around wire to form stems. Using hot glue,

affix torn strips of kraft paper around stems. Form curve in stems before glue dries. Hot-glue stems to caps.

LEAVES

Pictured on cover and *pages 68-72* Project time

About 45 minutes to several hours, depending on quantity What you need

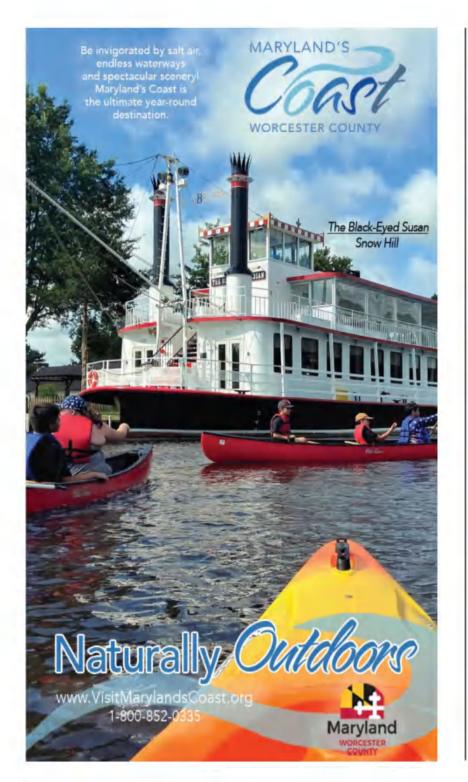
- Acrylic paint
- Paintbrushes
- Golden yellow or green cardstock
- Templates
- Hot-glue gun
- Branches, vines, or twigs for stems
- Florists wire

Paint accents $_{-}$ on sheets of cardstock using acrylic paint diluted with water for a soft watercolor or spatter effect; let dry.

Using templates, cut leaf shapes from painted cardstock. Fold slightly to mimic veins.

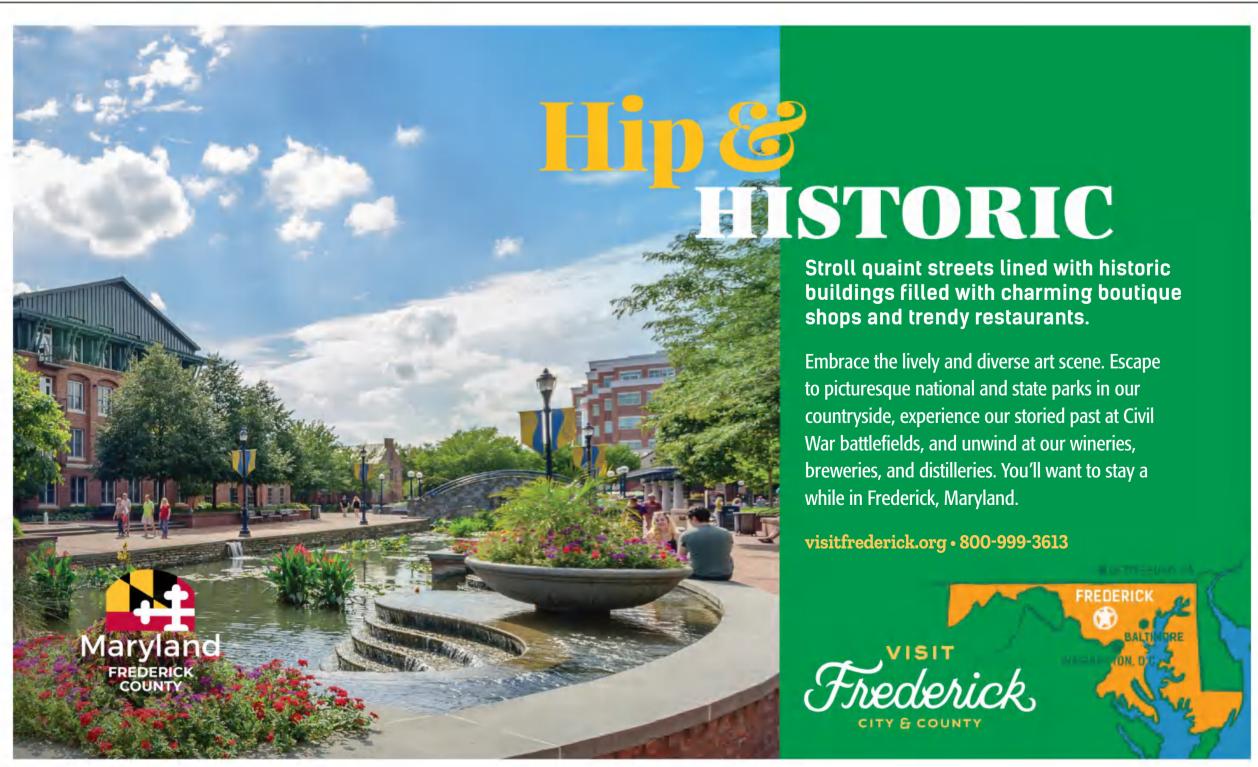
Hot-glue leaves to branches or bare vines, or hot-glue to florists wire, then glue wire to twigs. ■

BE OPEN FOR A Maryland Getaway









m

Americans skips breakfast.

If you're among them, you may be missing out on key nutrients. New research from The Ohio State University found that those who didn't eat breakfast tended to have lower levels of folate, calcium, iron, and vitamins A, B, and D. They also ate more snacks high in sugar, carbs, and fat. Try to have a simple bite-like yogurt with fruit, a PB&J, or just a banana and glass of milk.

October 10 **WORLD MENTAL HEALTH DAY**

In a given year, one in five people in the U.S. will experience a mental health issue. If you're feeling anxious or depressed, reach out for help. You can find resources at mentalhealth.gov and nami.org (National Alliance on Mental Illness). Consider setting up the notOK app to connect you to help ASAP. Or if you feel you're in crisis, call the National Suicide Prevention Lifeline at 800/273-8255.

Use of "buy now, pay later" services like Affirm, Afterpay, Klarna, and Quadpay

INCREASED 215% IN THE FIRST FEW MONTHS OF 2021.

But read the fine print. Although the services often promise zero percent financing, they can charge hefty fees for missing a payment. They also don't build credit as do credit cards.



OAT) LUNAMARINA, (TREES) THEKOPMYLIFE, (SANDALS, SEASHELL, STARFISH) BARCIN, (WOMAN) MSTUDIOIMAGES

BY: SHARON LIAO; PHOTOS: ISTOCK BY GETTY IMAGES—(YOGURT) FCAFOTODIGITAL, (SAILB

That's the number of people who say they're "vacation-deprived."

Raise your hand if you can relate! Taking time off is actually important for your well-being, helping to beat burnout and improve mental health. Not ready to travel? Consider a staycation. Book a day at a hotel pool through ResortPass or find a local adventure through Airbnb Experience or Eventbrite.

33 59% of people don't wear sunscreen when they're gardening or working in their yards.

As the days cool off, you may be tempted to skip sunscreen, but ultraviolet rays can still damage your skin and raise your risk of developing skin cancer, even when it's cloudy. Apply an SPF 30 (or higher) before heading outside. And remember to reapply every two hours.

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BREAST CANCER

assess THE TENERS

We hear so much about breast cancer, but we might not know how to gauge and address our chances of developing the disease.

Here's what you need to know about the most common risk factors.

11, 2020, 1 went for my annual breast screening, anticipating the usual clean bill of health. My mammogram was fine, but the ultrasound another test my doctor orders for me since I have dense breasts, which is a risk factor caught a suspicious dot, which turned out to be cancer. Thankfully, it was caught early and contained, and I'm now cancer-free.

On February

What surprised me in talking to my friends was none of them had ever had an ultrasound or even knew if they had dense breasts.

Given that about
1 in 8 women will
develop breast cancer,
it's imperative that
we go to our doctors
armed with questions
to get the information
we need to
help prevent or, as
in my case, catch
breast cancer in its
early stages.

understanding the factors

What is my risk of breast cancer?

Simply having risk factors doesn't mean you'll develop breast cancer; however, you need to know how much each risk factor impacts you. Here are the top two to discuss with your doctor.

Age Breast cancer risk begins to rise at age 40 and increases with age, says Richard W. Reitherman, M.D., Ph.D., director of breast imaging at MemorialCare Breast Center at Orange Coast Medical Center in Fountain Valley, CA.

Family history

Having a first-degree relative (sister, mother, daughter) or two or more first- or second-degree relatives (aunt, grandmother) diagnosed raises your risk, and more so if the relative developed breast cancer at

45 or younger.

A family history of ovarian cancer also increases the chances you might be carrying the BRCA gene, which ups your breast cancer risk.

improving your odds

Lifestyle habits make a difference

Experts say to focus on these three.

Eat healthy "Obesity [a BMI over 25] is the single greatest



genetic link

If you have multiple family members who have had breast or ovarian cancer, talk to your doctor about genetic counseling and getting tested for BRCA gene mutations.

modifiable lifestyle risk for breast cancer," Reitherman says. More body fat ups estrogen levels, which can lead to cancer. A healthy diet includes plenty of fruits and veggies, whole grains and other sources of fiber like beans, and foods with "good" fat like avocados and nuts.

Exercise Aim for at least 30 minutes five days a week of vigorous exercise where you get



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sweaty-brisk walking, jogging, biking, swimming. This helps you stay at a healthy weight and can lower circulating estrogen levels.

Limit alcohol

Alcohol impacts how your body metabolizes estrogen, and drinking too much can cause higher concentrations of the hormone, which can lead to breast cancer. Experts say one drink a day is the limit for women.

getting screenings

When should I start mammograms?

Experts advise starting at 40. But if you have certain risk factors, your doctor may want to begin earlier. For example, if you have a firstdegree relative who's been diagnosed with breast or ovarian cancer, the quideline is to have a mammogram when you're at least 10 years younger than the age the relative was when diagnosed if possible, says Lily Y. Zou, M.D., a board-certified

radiologist at Rolling Oaks Radiology in Thousand Oaks, CA. But no earlier than age 25 and no later than age 40.

► Any other tests I should get?

If you have dense breasts (ask at your first mammogram), talk to your doctor about a 3-D mammogram and an ultrasound, says Sara Fogarty, D.O.,



testing, testing

The American Breast Cancer Foundation's Breast Cancer Assistance Program offers screenings to the uninsured and underserved. For more information, check the website at abcf.org.

FACS, director, Sandra & Malcolm Berman Comprehensive Breast Care Center at Greater Baltimore Medical Center.

How often should I do self-exams?

Experts advise doing them monthly—the week after your period or anytime if you're postmenopausal. "Women get anxious about whether they're doing it right,"

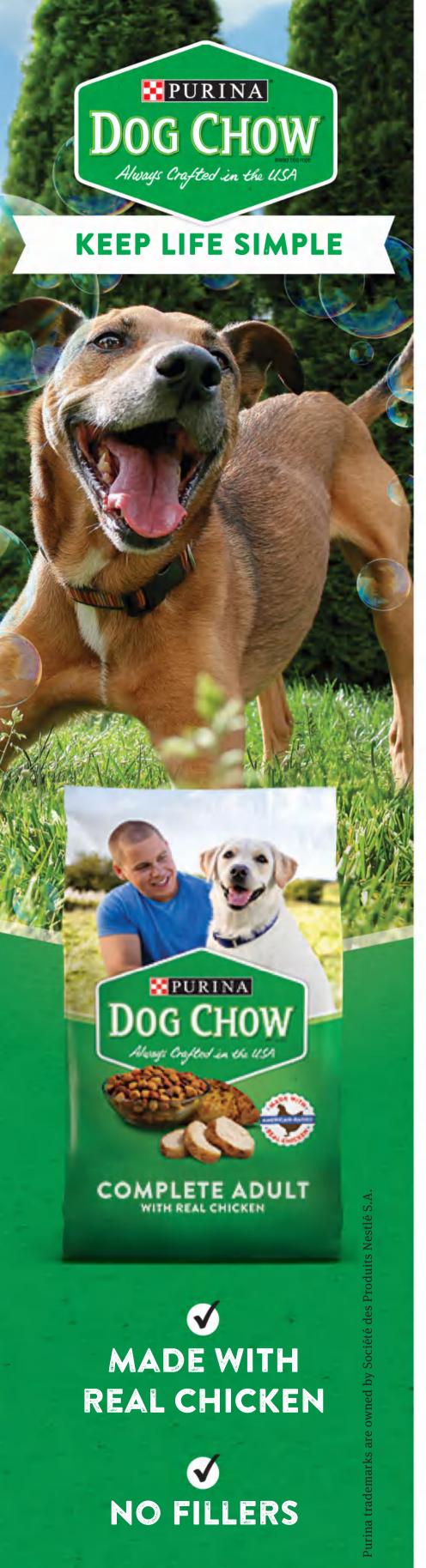
Fogarty says. "The important part is to be aware of what your breasts look and feel like so if there are changes—lumps, redness, changes in texture of the breast skin, discharge from a nipple-you can call and say, 'This isn't normal for me,' so we can investigate."



is hormone treatment a risk factor?

Recent studies cite that taking hormone replacement therapy (HRT) to treat menopausal symptoms for more than five years may increase your odds for developing breast cancer. Talk to your doctor about the risks and benefits of HRT for you, Reitherman says. Consider questions like: How disruptive or uncomfortable are my symptoms? Are there other treatments I can try first?







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- and grown dogs alike. \$13; wildone.com
- 4 The Frisco Cactus Scratching Post satisfies your cat's instincts to paw, scratch, and climb. \$17; chewy.com
- **5** An unpredictable bounce keeps dogs on their toes to fetch treats. Boots & Barkley Geo Rubber Ball in Cage, \$8; target.com
- 6 Petstages Tower

- of Tracks has three embedded balls for cats to chase, swat, and catch. \$25; petstages.com
- **7** Push, slide, and tug to reveal hidden food. Trixie Cat Activity Feeder (Brain Mover), \$24; amazon.com
- **8** Cats use stalk-andpounce instincts to battle this catnip-infused treat dispenser. Kong Gyro Cat Toy, \$8; petco.com

toy story

Three important reasons to put playtime on your pet's schedule.

BRAIN HEALTH

As with humans, activating and challenging your animal's mind with puzzle toys maintain the plasticity of their brain and help them stay mentally sharp as they age, explains Amelia Wieber, founder of Caring Behavior.

WELL-BEING

An active pet
is a happy
pet; for your pet's
emotional health,
it is imperative
to keep their
environment
enriching and
interesting.

PREVENTION OF PROBLEM BEHAVIORS

Dogs and cats
need to stay busy
to ward off boredom
and help prevent
issues like digging
up the yard, chewing
and scratching
the furniture,
climbing on
shelves, or barking
excessively.



stylemaker



661 always have leftover flowers and greens, so I keep a supply of inexpensive water glasses on hand for make-and-drop-off bouquets.

flowers with heart

"We're always looking for ways to give back to the community. Last spring we partnered with Levi's and offered bouquets wrapped in a piece of their classic denim. Ten dollars from each sale supported The Trevor Project, a suicide prevention organization for LGBTQ+ people under 25." For bouquets that give back, look for the "With Heart" logo at farmgirlflowers.com.



staying creative

"To recharge my creativity, it's important to carve out time and space away from the office and spreadsheets. I get some of my best brainstorms on my Peloton exercise bike. I keep a whiteboard next to the bike and jot down ideas during workouts."



CHRISTINA STEMBEL

RETHINKING TRADITIONAL FLOWER DELIVERY WITH ARRANGEMENTS THAT ARE RESPONSIBLY SOURCED, SIMPLE, AND SPECTACULAR.

Frustrated by the uninspired options for sending flowers, Christina launched Farmgirl Flowers. Ten years later her seasonal, burlap-wrapped bouquets are still best sellers. The entrepreneur shares her favorite tips and advice.



arranging tips

Christina hosts weekly
lessons on Instagram
(@farmgirlflowers). One of her
best tricks for cohesive
but interesting bouquets
is to stick to two colors—
magenta and gold, for
example—and vary the
shades of those two hues.
"I love autumn's saturated
jewel tones."

diy cut-flower preservative

"Those packets included with arrangements are basically citric acid, sugar, and bleach. Plants produce sugar during photosynthesis, but when they're cut, their food lines are cut as well. The packets bolster buds and keep bacteria at bay." Christina makes hers by adding 1 tsp. each lemon juice and sugar, and 3 drops bleach to 1 liter of water.



if i were a plant...

"I'd be a protea (aka sugarbush). They can take the heat and are resilient and different looking—they're not your average plant."

The best bouquets look like they were just picked from the garden, and they feel good when you got and give them.



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